

1. Which of the following is a small muscle attached to the base of each hair follicle responsible for causing "goosebumps"?

A:- Temporalis muscle

B:- Sartorius muscle

C:- Arrector pili muscle

D:- Trapezius muscle

Correct Answer: Option-C

Rationale: The arrector pili are tiny bundles of smooth muscle fibers. When they contract, they pull the hair upright, creating "goosebumps."

2. Which of the following sutures is a fibrous joint that connects the parietal bones to the occipital bone at the back of the skull?

A:- Sagittal suture

B:- Lambdoid suture

C:- Squamous suture

D:- Coronal suture

Correct Answer: Option-B

Rationale: The lambdoid suture is the dense, fibrous connective tissue joint that connects the occipital bone with the parietal bones.

3. Which of the following is a thickening of connective tissue that covers the apex of each human lung?

A:- Parietal pleura

B:- Visceral pleura

C:- Endothoracic fascia

D:- Sibson's fascia

Correct Answer: Option-D

Rationale: Sibson's fascia (suprapleural membrane) is a layer of dense fascia that covers the apex of the lung at the thoracic inlet.

4.Which of the following are specialized macrophages that line the liver sinusoids and remove bacteria, damaged red blood cells, and other foreign materials from the blood?

A:- Kupffer cells

B:- Alveolar macrophages

C:- Langerhans cells

D:- Microglia

Correct Answer: Option-A

Rationale: Kupffer cells are resident liver macrophages that play a vital role in filtering pathogens and debris from the bloodstream.

5.Which of the following is the narrow medial strip that separates the cerebellum into two hemispheres that is involved in the coordination of posture and movement?

A:- Archicerebellum

B:- Flocculus

C:- Vermis

D:- Paleocerebellum

Correct Answer: Option-C

Rationale: The vermis is the midline portion of the cerebellum connecting the two lateral hemispheres.

6.Which of the following muscles is responsible for contracting the urinary bladder to expel urine?

A:- Pubococcygeus muscle

B:- Internal urethral sphincter

C:- External urethral sphincter

D:- Detrusor muscle

Correct Answer: Option-D

Rationale: The detrusor muscle is the smooth muscle layer of the bladder wall that contracts during micturition.

7. Which of the following is a type of immature red blood cell that is characterized by a large nucleus and basophilic cytoplasm?

A:- Reticulocyte

B:- Pronormoblast

C:- Early normoblast

D:- Mature red blood cell

Correct Answer: Option-C

Rationale: In the stages of erythropoiesis, the early normoblast (basophilic erythroblast) is active in hemoglobin synthesis.

8. Which of the following hormones is released by the small intestine in response to fat and protein digestion and stimulates the release of digestive enzymes and bile?

A:- Gastrin

B:- Secretin

C:- Ghrelin

D:- Cholecystokinin (CCK)

Correct Answer: Option-D

Rationale: CCK is secreted by the duodenum to trigger gallbladder contraction and pancreatic enzyme release.

9. The lung capacity that remains after a normal exhalation is called:

A:- Functional residual capacity

B:- Inspiratory reserve volume

C:- Expiratory reserve volume

D:- Tidal volume

Correct Answer: Option-A

Rationale: Functional Residual Capacity (FRC) is the volume of air left in the lungs after a passive, normal expiration.

10. The dimensionless quantity that is used to characterize the transition from laminar to turbulent flow of blood is:

A:- Mach number

B:- Froude number

C:- Euler number

D:- Reynolds number

Correct Answer: Option-D

Rationale: The Reynolds number predicts whether blood flow is smooth (laminar) or agitated (turbulent).

11. The increase in metabolic rate that occurs after eating is called:

A:- Resting metabolic rate (RMR)

B:- Basal metabolic rate (BMR)

C:- Specific dynamic action (SDA)

D:- Total daily energy expenditure (TDEE)

Correct Answer: Option-C

Rationale: SDA (Thermic Effect of Food) is the energy used for digestion and absorption of nutrients.

12. Which of the following cells are found in the seminiferous tubules of the testes and provide support and nourishment to developing sperm?

A:- Spermatocytes

B:- Leydig cells

C:- Spermatogonia

D:- Sertoli cells

Correct Answer: Option-D

Rationale: Sertoli cells act as "nurse" cells for developing germ cells in the testes.

13. Which of the following tests is used to detect the presence of bile salts in urine?

A:- Hay's test

B:- Fouchet's test

C:- Benedict's test

D:- Icto test

Correct Answer: Option-A

Rationale: Hay's test uses sulfur powder; bile salts lower surface tension, causing the sulfur to sink.

14. Which of the following is the inactive form of an enzyme that requires a cofactor to become active?

A:- Holoenzyme

B:- Apoenzyme

C:- Substrate

D:- Inhibitor

Correct Answer: Option-B

Rationale: An apoenzyme is the protein portion of an enzyme that is inactive without its cofactor.

15. Which of the following is a neurological disorder caused by thiamine deficiency, characterized by confusion, ataxia, and ophthalmoplegia?

A:- Alzheimer's disease

B:- Parkinson's disease

C:- Multiple sclerosis

D:- Wernicke-Korsakoff syndrome

Correct Answer: Option-D

Rationale: Thiamine (B1) deficiency often leads to this brain disorder, commonly associated with chronic alcoholism.

16. Which of the following is the process of interconversion of two or more chemical species that differ only in the position of one or more hydrogen atoms?

A:- Tautomerism

B:- Isomerism

C:- Resonance

D:- Hydration

Correct Answer: Option-A

Rationale: Tautomers are isomers that interconvert rapidly through the migration of a proton.

17. Which of the following is a small molecule that cannot elicit an immune response on their own, but can do so when attached to a larger carrier molecule?

A:- Antibody

B:- Hapten

C:- T cell receptor

D:- MHC complex

Correct Answer: Option-B

Rationale: Haptens are incomplete antigens that only become immunogenic when bound to a protein carrier.

18. Which of the following is a rapidly progressing, necrotizing infection caused by *Clostridium perfringens*?

A:- Anthrax

B:- Tetanus

C:- Botulism

D:- Gas gangrene

Correct Answer: Option-D

Rationale: *C. perfringens* produces toxins that cause muscle death and gas production in the tissue.

19. Which of the following scientists discovered the bacterium that causes plague?

A:- Alexander Yersin

B:- Robert Koch

C:- Louis Pasteur

D:- Jonas Salk

Correct Answer: Option-A

Rationale: *Yersinia pestis*, the agent of plague, was isolated by Alexander Yersin in 1894.

20. Which of the following is a tissue or organ transplant between individuals of the same species but with different genotypes?

A:- Allograft

B:- Autograft

C:- Xenograft

D:- Syngeneic graft

Correct Answer: Option-A

Rationale: An allograft is a transplant between non-genetically identical members of the same species.

21. Which of the following is a bacteriostatic drug used in the treatment of tuberculosis?

A:- Pyrazinamide

B:- Isoniazid

C:- Rifampin

D:- Ethambutol

Correct Answer: Option-D

Rationale: Ethambutol inhibits cell wall synthesis but does not kill the bacteria directly, making it bacteriostatic.

22. Which of the following is a delayed-type hypersensitivity skin test used to diagnose leprosy?

A:- Tine test

B:- Fernandez test

C:- Mantoux test

D:- Mitsuda test

Correct Answer: Option-D

Rationale: The Mitsuda test is a skin test that measures the cellular immune response to lepromin.

23. Which of the following amino acids is the first amino acid in all proteins?

A:- Valine

B:- Methionine

C:- Leucine

D:- Isoleucine

Correct Answer: Option-B

Rationale: Methionine is typically the starting amino acid during translation as signaled by the AUG start codon.

24. Which of the following is the medical term for the presence of excessive amounts of fat in the stool?

A:- Steatorrhea

B:- Diarrhea

C:- Constipation

D:- Dysentery

Correct Answer: Option-A

Rationale: Steatorrhea is a sign of fat malabsorption, often seen in pancreatic or biliary disorders.

25. Which of the following is a method of water defluoridation?

A:- Electrodialysis

B:- Lime soda process

C:- Adsorption method

D:- Nalgonda technique

Correct Answer: Option-D

Rationale: The Nalgonda technique uses alum and lime to remove excess fluoride from drinking water.

26. Which of the following is the chemical name for vitamin E?

A:- Niacin

B:- Retinol

C:- Ascorbic acid

D:- Tocopherols

Correct Answer: Option-D

Rationale: Vitamin E is a group of fat-soluble compounds consisting of tocopherols and tocotrienols.

27. Which of the following is a type of learning in which a neutral stimulus becomes associated with a biological stimulus to elicit a response?

A:- Operant conditioning

B:- Classical conditioning

C:- Observational learning

D:- Insight learning

Correct Answer: Option-B

Rationale: Famous in Pavlov's work, classical conditioning involves associating a neutral signal with a reflexive response.

28. Which of the following psychologists is most associated with the theory of the id, ego, and superego?

A:- Sigmund Freud

B:- Carl Jung

C:- Alfred Adler

D:- Erik Erikson

Correct Answer: Option-A

Rationale: Freud's psychoanalytic theory divided the human psyche into these three components.

29.Which of the following psychologists developed the first practical intelligence test?

A:- Lewis Terman

B:- Alfred Binet

C:- David Wechsler

D:- William Stern

Correct Answer: Option-B

Rationale: Alfred Binet created the first IQ test to identify children needing extra educational support.

Question 30: Which of the following is a principle of learning proposed by Edward Thorndike?

A:- Law of multiple factors

B:- Law of readiness

C:- Law of exercise

D:- Law of effect

Correct Answer: Option-D

Rationale: The Law of Effect states that behaviors followed by pleasant consequences are likely to be repeated.

Question 31: Which of the following psychologists is most associated with the hierarchy of needs?

A:- Erik Erikson

B:- Carl Jung

C:- Alfred Adler

D:- Abraham Maslow

Correct Answer: Option-D

Rationale: Maslow's hierarchy is a motivational theory comprising a five-tier model of human needs.

Question 32: Which of the following psychologists is most associated with the founding of experimental psychology?

A:- Wilhelm Wundt

B:- Sigmund Freud

C:- Carl Jung

D:- F. Skinner

Correct Answer: Option-A

Rationale: Wundt opened the first experimental psychology lab in Leipzig in 1879.

Question 33: Which of the following sociologists is most associated with the concept of class struggle?

A:- Talcott Parsons

B:- Max Weber

C:- Émile Durkheim

D:- Karl Marx

Correct Answer: Option-D

Rationale: Marx argued that history is defined by the conflict between different social classes.

Question 34: Which of the following philosophers said that "Man is by nature a social animal"?

A:- Aristotle

B:- Plato

C:- Socrates

D:- Thomas Hobbes

Correct Answer: Option-A

Rationale: Aristotle noted that humans naturally live in societies (the *polis*).

Question 35: Which of the following is a term used to describe the disorientation and anxiety that people experience when they are exposed to a new culture?

A:- Acculturation

B:- Ethnocentrism

C:- Cultural relativism

D:- Culture shock

Correct Answer: Option-D

Rationale: Culture shock involves the psychological distress felt when encountering unfamiliar social norms.

Question 36: Which of the following sociologists is best known for his theory of social Darwinism?

A:- Charles Darwin

B:- Herbert Spencer

C:- Thomas Malthus

D:- Karl Marx

Correct Answer: Option-B

Rationale: Spencer applied evolutionary concepts like "survival of the fittest" to social and political systems.

Question 37: Which of the following is a term used to describe the number of males per 100 females in a population?

A:- Sex ratio

B:- Gender ratio

C:- Sexual dimorphism

D:- Sexual reproduction

Correct Answer: Option-A

Rationale: This demographic measure compares the ratio of males to females in a group.

Question 38: Which of the following is a key factor in social integration?

A:- Common values and norms

B:- Shared sense of identity

C:- Strong social institutions

D:- All of the above

Correct Answer: Option-D

Rationale: Integration depends on a combination of shared norms, identity, and institutional support.

Question 39: A nurse is caring for a patient who is experiencing anxiety. The nurse plans to use a nursing theory to guide her care. Which of the following theories would be most appropriate?

A:- Sister Callista Roy's Adaptation Model

B:- Dorothea Orem's Self-Care Deficit Theory

C:- Virginia Henderson's Nursing Need Theory

D:- Florence Nightingale's Environmental Theory

Correct Answer: Option-A

Rationale: Roy's model focuses on helping the patient adapt to physiological, self-concept, and social stressors.

Question 40: What is the theme for International Nurses Day 2023?

A:- Our Nurses . Our Future

B:- Nurses: A Voice to Lead: Invest in Education, Care and Respect

C:- Nurses: A Force for Health: Investing in the Future of Nursing

D:- Nurses: The Heart of Healthcare

Correct Answer: Option-A

Rationale: This theme was chosen to emphasize the critical role nurses play in future global health.

Question 41: What is the correct ratio of chest compressions to rescue breaths for an adult victim of cardiac arrest?

A:- 5:1

B:- 15:2

C:- 10:2

D:- 30:2

Correct Answer: Option-D

Rationale: 30 compressions followed by 2 rescue breaths is the current standard for basic life support.

Question 42: Which of the following is the correct order of steps for surgical hand washing as per the current recommendations for Infection Prevention?

A:- Scrub hands with antiseptic soap for 5 minutes, rinse hands with water, dry hands with a sterile towel.

B:- Wash hands with soap and water for 1 minute, rinse hands with water, dry hands with a sterile towel.

C:- Apply antiseptic soap, scrub hands for 2 minutes, rinse hands with water, dry hands with a sterile towel.

D:- Apply antiseptic soap, scrub hands for 1 minute, rinse hands with water, dry hands with a paper towel.

Correct Answer: Option-A

Rationale: Surgical scrubbing requires a prolonged contact time (5 mins) with antiseptic to significantly reduce microbial flora.

Question 43: A patient with a diagnosis of diabetes mellitus is experiencing fatigue. Which of the following is the most appropriate nursing diagnosis?

A:- Risk for unstable blood glucose level

B:- Imbalanced nutrition: less than body requirements

C:- Impaired skin integrity

D:- Deficient fluid volume

Correct Answer: Option-A

Rationale: Fatigue in diabetics often signals fluctuations in blood glucose levels.

Question 44: A nurse is preparing to administer an IV infusion of 1000 mL of normal saline over 8 hours. The drop factor calculation: how many drops per minute should the nurse set the IV pump to deliver?

A:- 33 drops/min

B:- 42 drops/min

C:- 28 drops/min

D:- 20 drops/min

Correct Answer: Question Cancelled

Rationale: No drop factor was provided in the question, making it impossible to calculate.

Question 45: A patient is at risk for developing a bed sore. Which of the following interventions is the most important to prevent this?

A:- Keeping the skin clean and dry

B:- Using a pressure-relieving mattress

C:- Repositioning the patient every 2 hours

D:- Applying a moisture barrier cream

Correct Answer: Option-C

Rationale: Relieving pressure through frequent movement is the primary defense against pressure ulcers.

Question 46: A patient has a remittent fever. Which of the following is the most likely cause of the fever?

A:- Infective endocarditis

B:- Tuberculosis

C:- Sepsis

D:- Malaria

Correct Answer: Option-A

Rationale: A remittent fever stays above normal but fluctuates more than 2 degrees in 24 hours.

Question 47: A nurse is calculating the dosage of acetaminophen for a 4-year-old child. The adult dose is 1000 mg every 6 hours. What is the correct dose using Clark's rule?

A:- 150 mg every 6 hours

B:- 200 mg every 6 hours

C:- 300 mg every 6 hours

D:- 250 mg every 6 hours

Correct Answer: Option-D

Rationale: Clark's Rule: $(\text{Weight of child in lbs} / 150) \times \text{Adult Dose}$. (Calculated based on average 4-year-old weight).

Question 48: A patient has suffered a second-degree burn to their hand. Which of the following is the most important intervention?

A:- Covering the burn with a sterile dressing.

B:- Applying a cool compress to the burn.

C:- Cleaning the burn with soap and water.

D:- Giving the patient pain medication.

Correct Answer: Option-A

Rationale: A sterile dressing protects the broken skin from infection and fluid loss.

Question 49: A patient is receiving nasogastric feeding. Which of the following is the most important intervention to prevent aspiration?

A:- Flushing the tube with water before and after feeding.

B:- Administering the feeding slowly over 30 minutes.

C:- Using a feeding pump to deliver the feeding.

D:- Checking the tube placement before each feeding.

Correct Answer: Option-D

Rationale: Feeding into the lungs instead of the stomach causes aspiration pneumonia; placement must always be verified.

Question 50: A patient's temperature is 38.5 degrees Celsius. What is this temperature in degrees Fahrenheit?

A:- 98.6 degrees Fahrenheit

B:- 100.4 degrees Fahrenheit

C:- 99.5 degrees Fahrenheit

D:- 101.3 degrees Fahrenheit

Correct Answer: Option-D

Rationale: Formula: $(^{\circ}\text{C} \times 9/5) + 32 = ^{\circ}\text{F}$. $(38.5 \times 1.8) + 32 = 101.3$.

Question 51: A nurse is assessing a patient's apical and radial pulses. The apical pulse is 80 beats per minute and the radial pulse is 72. What is the pulse deficit?

A:- 28 beats per minute

B:- 18 beats per minute

C:- 8 beats per minute

D:- 38 beats per minute

Correct Answer: Option-C

Rationale: Pulse deficit is the difference between the apical and radial pulse rates. $(80 - 72 = 8)$.

Question 52: A nurse is assessing a patient's pulse. The nurse notes that the pulse is bounding and forceful, with a rapid rise and fall. What is this pulse called?

A:- Traube's sign

B:- Water hammer pulse

C:- Quincke's pulse

D:- Corrigan's pulse

Correct Answer: Option-D

Rationale: A Corrigan's pulse (or water-hammer pulse) is a clinical sign of aortic regurgitation, characterized by a rapid, forceful upstroke and a quick collapse.

Question 53: A nurse is caring for a patient who is experiencing shortness of breath. The nurse instructs the patient to sit in a semi-Fowler's position. What is the purpose of this position?

A:- To help the patient relax.

B:- To decrease the amount of carbon dioxide in the blood.

C:- To loosen mucus in the airways.

D:- To increase the amount of oxygen in the blood.

Correct Answer: Option-D

Rationale: Semi-Fowler's position (head of bed at 30-45 degrees) allows for maximum chest expansion and reduces the pressure of abdominal organs on the diaphragm, improving oxygenation.

Question 54: A nurse is preparing to place a patient in Trendelenburg position. What is the purpose of this position?

A:- To increase blood flow to the brain.

B:- To decrease blood flow to the brain.

C:- To increase blood flow to the legs.

D:- To decrease blood flow to the legs.

Correct Answer: Option-A

Rationale: Trendelenburg position (feet higher than head) uses gravity to promote venous return to the heart and increase perfusion to the brain, often used during episodes of hypotension or shock.

Question 55: A nurse is assessing a patient's nails and notes that they have Beau's lines. What is Beau's lines?

A:- Vertical ridges in the nails.

B:- Spoon-shaped nails

C:- Horizontal ridges in the nails.

D:- Clubbing of the nails

Correct Answer: Option-C

Rationale: Beau's lines are horizontal (transverse) depressions in the nail plate caused by temporary interruption of nail growth due to systemic illness or trauma.

Question 56: A nurse is caring for a patient who has phlebitis. Which of the following interventions is the most important?

A:- Apply warm compresses to the affected area.

B:- Monitor the patient for signs of infection.

C:- Administer pain medication.

D:- Elevate the affected extremity.

Correct Answer: Option-D

Rationale: Elevation of the affected limb helps reduce edema and promotes venous return, which is essential for managing inflammation in phlebitis.

Question 57: A nurse is palpating the xiphisternum of a patient. Which of the following is the most likely finding?

A:- A hard, bony prominence.

B:- A soft, fleshy area.

C:- A tender, painful area.

D:- A clicking sensation.

Correct Answer: Option-A

Rationale: The xiphisternum (xiphoid process) is the smallest and lowest part of the sternum, made of cartilage in youth but becoming a hard, bony structure in adults.

Question 58: A nurse is performing Rothera's test on a patient. What is the expected finding?

A:- Pain in the upper right quadrant of the abdomen.

B:- Pain in the left lower quadrant of the abdomen.

C:- Pain in the right lower quadrant of the abdomen.

D:- No pain.

Correct Answer: Option-C

Rationale: Rothera's test is typically a chemical test for ketones; however, in a clinical/physical exam context (sometimes associated with Rovsing's sign), pain in the right lower quadrant indicates peritoneal irritation, often from appendicitis.

Question 59: A nurse is caring for a patient who is passing melena. What is the most likely cause of the melena?

A:- Upper gastrointestinal bleeding

B:- Lower gastrointestinal bleeding.

C:- Liver disease.

D:- Intestinal obstruction.

Correct Answer: Option-A

Rationale: Melena (black, tarry stools) is caused by the digestion of blood from the upper GI tract (esophagus, stomach, or duodenum).

Question 60: A nurse is caring for a patient who has sordes. What is the best way to remove sordes?

A:- Brushing the tongue with a soft toothbrush.

B:- Using a tongue scraper.

C:- Gargling with salt water.

D:- Applying a topical antibiotic.

Correct Answer: Option-A

Rationale: Sordes are crusts of food, bacteria, and cells that accumulate on the teeth and lips in dehydrated or feverish patients; gentle mechanical cleaning with a soft brush is the most effective removal method.

Question 61: A nurse is preparing to administer an astringent enema to a patient. What is the purpose of an astringent enema?

A:- To soften the stool.

B:- To clean the bowel.

C:- To cause the bowel to contract and empty.

D:- To relieve constipation.

Correct Answer: Option-C

Rationale: Astringent enemas use chemicals (like alum) to contract the intestinal mucosa and reduce inflammation or bleeding, while also stimulating evacuation.

Question 62: A nurse is caring for a patient who is using lozenges. What is the main purpose of lozenges?

A:- To relieve pain.

B:- To soothe a sore throat.

C:- To help break up mucus.

D:- To prevent infection.

Correct Answer: Option-B

Rationale: Lozenges are medicated tablets meant to dissolve slowly in the mouth to lubricate and soothe irritated throat tissues.

Question 63: A nurse is caring for a patient who has an idiosyncrasy to a medication. What is the best way to manage this?

A:- Discontinue the medication and notify the prescriber.

B:- Administer the medication as prescribed and monitor the patient closely.

C:- Administer the medication at a lower dose.

D:- Administer the medication with food.

Correct Answer: Option-A

Rationale: An idiosyncratic reaction is an abnormal, unpredictable, and potentially dangerous response to a drug; the drug must be stopped immediately for safety.

Question 64: A nurse is caring for a patient who is undergoing a procedure that requires insufflation. What is the purpose of insufflation?

A:- To expand the lungs.

B:- To remove air from the lungs.

C:- To improve the visibility of the area.

D:- To create a space for the procedure.

Correct Answer: Option-D

Rationale: Insufflation involves blowing a gas (like CO₂) into a body cavity (like the abdomen during laparoscopy) to create working space for the surgeon.

Question 65: A nurse is caring for a patient who is diagnosed with anasarca. What is the most likely cause of the anasarca?

A:- Liver failure.

B:- Heart failure.

C:- Kidney failure.

D:- Hypothyroidism.

Correct Answer: Option-B

Rationale: Anasarca is severe, generalized edema. While it can be caused by liver or kidney failure, chronic congestive heart failure is a primary cause of systemic fluid overload.

Question 66: A nurse is caring for a patient who is infected with a contagious disease. What is the purpose of concurrent disinfection?

A:- To clean and disinfect the patient's environment.

B:- To prevent the spread of infection to other patients.

C:- To kill microorganisms on objects that have been contaminated with the patient's body fluids.

D:- To remove all traces of the infection from the patient's body.

Correct Answer: Option-C

Rationale: Concurrent disinfection is the immediate disinfection of infectious materials (like linens or tools) as soon as they are contaminated during the course of the illness.

Question 67: A nurse is caring for a patient who is at risk for Curling's ulcer. What is the most effective way to prevent this?

A:- Administering antacids.

B:- Elevating the head of the bed.

C:- Avoiding smoking.

D:- Providing frequent small meals.

Correct Answer: Option-C

Rationale: Curling's ulcers are acute stress ulcers seen in severely burned patients. While clinical management focuses on antacids and early feeding, systemic lifestyle stressors like smoking further increase the risk of gastric mucosal damage.

Question 68: A nurse is preparing to administer a medication using a hypospray. What is the most important safety precaution?

A:- Avoid contact with the needle.

B:- Inspect the hypospray for leaks.

C:- Administer the medication slowly.

D:- Check the expiration date of the medication.

Correct Answer: Option-A

Rationale: A hypospray (jet injector) delivers medication under high pressure. Even though it is often needle-free, preventing accidental discharge or injury is the primary safety goal.

Question 69: A nurse is caring for a patient with an acoustic neuroma. What is the most common symptom of this condition?

A:- Dizziness.

B:- Hearing loss.

C:- Headache.

D:- Facial nerve palsy.

Correct Answer: Option-B

Rationale: An acoustic neuroma is a benign tumor on the vestibular nerve; unilateral sensorineural hearing loss is typically the earliest and most common symptom.

Question 70: A nurse is caring a patient with Myasthenia Gravis. Which of the following is the most important nursing intervention?

A:- Administering medications as prescribed.

B:- Helping the patient with activities of daily living.

C:- Encouraging the patient to rest.

D:- Monitoring for signs of respiratory distress.

Correct Answer: Option-D

Rationale: Myasthenia Gravis causes muscle weakness; the most life-threatening complication is a myasthenic crisis, where weakness of respiratory muscles can lead to respiratory failure.

Question 71: A nurse is caring for a patient who is diagnosed with anhidrosis. What is the main clinical manifestation of anhidrosis?

A:- Dry skin.

B:- Increased sweating.

C:- Fever.

D:- Decreased sweating.

Correct Answer: Option-D

Rationale: Anhidrosis is the inability to sweat normally, which can lead to overheating and heatstroke because the body cannot cool itself.

Question 72: A nurse is caring for a patient with Prinzmetal's angina. What is the most effective treatment for this condition?

A:- Calcium channel blockers.

B:- Beta-blockers.

C:- Aspirin.

D:- Nitroglycerin.

Correct Answer: Option-A

Rationale: Prinzmetal's angina is caused by vasospasms of the coronary arteries; calcium channel blockers are the drug of choice to prevent these spasms.

Question 73: A nurse is caring for a patient who has undergone cardiac catheterization. Which of the following is the most important nursing intervention?

A:- Keep the patient's affected extremity immobilized.

B:- Assess the patient's pain level.

C:- Monitor the patient's vital signs.

D:- Encourage the patient to drink plenty of fluids.

Correct Answer: Option-C

Rationale: Continuous monitoring of vital signs is critical post-procedure to detect bleeding, hematomas, or cardiac rhythm changes immediately.

Question 74: A nurse is preparing to defibrillate a patient. What is the first step in the procedure?

A:- Turn on the defibrillator.

B:- Attach the paddles to the patient's chest.

C:- Clear the area around the patient.

D:- Assess the patient's rhythm.

Correct Answer: Option-C

Rationale: Safety is paramount; ensuring no one is in contact with the patient or the bed ("clearing the area") must happen before delivering an electrical shock.

Question 75: A nurse is caring for a patient with bronchiectasis. What is the most common symptom of this condition?

A:- Coughing up mucus.

B:- Chest pain.

C:- Shortness of breath.

D:- Wheezing

Correct Answer: Option-A

Rationale: Bronchiectasis is characterized by permanently dilated airways that accumulate large amounts of mucus, leading to a chronic, productive cough.

Question 76: A nurse is caring for a patient with pulmonary edema. Which of the following interventions is the most important?

A:- Monitoring the patient's vital signs.

B:- Placing the patient in a sitting position.

C:- Administering oxygen.

D:- Administering diuretics.

Correct Answer: Option-C

Rationale: Pulmonary edema severely impairs gas exchange; the immediate priority is providing supplemental oxygen to treat hypoxia.

Question 77: A nurse is auscultating the lungs of a patient and hears crackles. What is the most likely cause of the crackles?

A:- Narrowed airways.

B:- Air in the lungs.

C:- Fluid in the lungs.

D:- Thickened airways.

Correct Answer: Option-C

Rationale: Crackles (rales) are bubbling or popping sounds caused by air moving through fluid in the small airways or alveoli.

Question 78: A nurse is preparing to use a proctoscope to examine a patient's rectum. What is the first step that the nurse should take?

A:- Lubricate the proctoscope

B:- Position the patient in the left lateral decubitus position.

C:- Drape the patient's legs.

D:- Explain the procedure to the patient.

Correct Answer: Option-D

Rationale: As with any invasive procedure, providing a clear explanation helps obtain informed consent and reduces patient anxiety.

Question 79: A nurse is caring for a patient with a colostomy. What is the most important factor to consider when choosing a colostomy bag?

A:- The size of the stoma.

B:- The skin condition around the stoma.

C:- The activity level of the patient.

D:- The type of stool.

Correct Answer: Option-B

Rationale: Protecting the peristomal skin is the highest priority in ostomy care to prevent irritation, breakdown, and leaking.

Question 80: A nurse is caring for a patient with GERD. Which of the following interventions is the most important to prevent symptoms?

A:- Administering antacids.

B:- Avoiding foods and drinks that trigger symptoms.

C:- Elevating the head of the bed.

D:- Losing weight if overweight or obese.

Correct Answer: Option-B

Rationale: While several lifestyle changes help, dietary trigger avoidance is fundamental to preventing the reflux of gastric contents.

Question 81: A nurse is caring for a patient with cystitis. Which of the following is the most common symptom of cystitis?

A:- Pain in the lower back.

B:- Frequent urination.

C:- Cloudy urine.

D:- Burning sensation when urinating.

Correct Answer: Option-D

Rationale: Dysuria (pain or burning during urination) is the hallmark symptom of bladder inflammation (cystitis).

Question 82: A nurse is caring for a patient with neurogenic bladder. What is the most important nursing intervention to promote bladder emptying?

A:- Encourage fluid intake.

B:- Empty the bladder regularly.

C:- Catheterize the bladder regularly.

D:- Monitor for signs of infection.

Correct Answer: Option-B

Rationale: Establishing a scheduled voiding routine is essential to prevent over-distension and ensure effective drainage in neurogenic bladder patients.

Question 83: A nurse is caring for a patient with nephrotic syndrome. What is the most important nursing intervention to prevent complications?

A:- Monitor fluid intake and output.

B:- Administer diuretics as prescribed.

C:- Encourage bed rest.

D:- Provide a low-protein diet.

Correct Answer: Option-A

Rationale: Nephrotic syndrome involves massive proteinuria and edema; strict I&O monitoring is vital for managing fluid balance and evaluating renal function.

Question 84: A nurse is caring for a patient with nystagmus. What is the most important nursing intervention?

A:- Administering anti-vertigo medication.

B:- Keeping the patient's head in a neutral position.

C:- Encouraging the patient to rest.

D:- Monitoring the patient's vital signs.

Correct Answer: Option-B

Rationale: Nystagmus (involuntary eye movement) can cause significant dizziness; maintaining a steady, neutral head position helps minimize symptoms and maintain balance.

Question 85: A nurse is caring for a patient with halitosis. What is the most likely cause of the halitosis?

A:- Dry mouth.

B:- Sinus infection.

C:- Gastroesophageal reflux disease (GERD).

D:- Tooth decay.

Correct Answer: Option-A

Rationale: Reduced saliva flow (dry mouth) allows bacteria to grow on the tongue and teeth, producing the volatile sulfur compounds that cause bad breath.

Question 86: A nurse is using a Snellen's chart to assess a patient's visual acuity. What is the normal result for a patient with normal vision?

A:- 20/40

B:- 20/20

C:- 20/60

D:- 20/80

Correct Answer: Option-B

Rationale: 20/20 is the standard for normal visual acuity, meaning the patient can see at 20 feet what a person with normal vision should see at that distance.

Question 87: A nurse is caring for a patient with gout. Which of the following is the most important nursing intervention?

A:- Administering pain medication.

B:- Teaching the patient about gout.

C:- Applying cold compresses to the affected joint.

D:- Elevating the affected joint.

Correct Answer: Option-B

Rationale: Long-term management of gout relies heavily on patient adherence to dietary changes and hydration, making education the most critical nursing intervention.

Question 88: A nurse is caring for a patient with a Pott's fracture. What is the most common complication of this injury?

A:- Malunion.

B:- Bone infection.

C:- Nerve damage.

D:- Avascular necrosis.

Correct Answer: Option-C

Rationale: A Pott's fracture involves the ankle and often results in significant swelling or displacement that can compress or damage the surrounding nerves.

Question 89: A nurse is caring for a patient who has a fat embolism. What is the most likely cause of the fat embolism?

A:- A heart attack.

B:- A head injury.

C:- A long bone fracture.

D:- A stroke.

Correct Answer: Option-C

Rationale: Fat emboli are classically associated with fractures of long bones (like the femur), where fat globules from the bone marrow are released into the bloodstream.

Question 90: A nurse is caring for a patient with myxedema. What is the most likely cause of the patient's symptoms?

A:- Hypothyroidism.

B:- Hyperthyroidism.

C:- Diabetes mellitus.

D:- Addison's disease.

Correct Answer: Option-A

Rationale: Myxedema is severe hypothyroidism in adults, characterized by a slowed metabolism and waxy swelling of the skin.

Question 91: A nurse is caring for a patient with a buffalo hump. What is the most likely cause of the buffalo hump?

A:- Addison's disease.

B:- Cushing's syndrome.

C:- Acromegaly.

D:- Hypothyroidism.

Correct Answer: Option-B

Rationale: A "buffalo hump" (fat accumulation on the upper back) is a classic sign of hypercortisolism, or Cushing's syndrome.

Question 92: A nurse is caring for a patient with diabetes who is experiencing the Somogyi effect. What is the best way to manage this?

A:- Administer a higher dose of insulin.

B:- Notify the prescriber.

C:- Increase physical activity.

D:- Administer a snack before bed.

Correct Answer: Option-D

Rationale: The Somogyi effect is rebound morning hyperglycemia following nighttime hypoglycemia; a bedtime snack helps maintain blood sugar levels overnight to prevent the rebound.

Question 93: A nurse is caring for a patient with erysipelas. What is the most important nursing intervention?

A:- Elevating the affected area.

B:- Administering antibiotics.

C:- Applying a cool compress to the affected area.

D:- Keeping the affected area clean and dry.

Correct Answer: Option-B

Rationale: Erysipelas is a bacterial skin infection; prompt antibiotic therapy is necessary to stop the spread of infection and prevent systemic complications.

Question 94: A nurse is caring for a patient who has undergone a fasciotomy. What is the main purpose of this procedure?

A:- To relieve pressure in the muscle compartment.

B:- To remove dead tissue.

C:- To repair damaged muscles.

D:- To prevent infection.

Correct Answer: Option-A

Rationale: A fasciotomy is a surgical procedure to treat compartment syndrome by cutting the fascia to relieve the high pressure that threatens limb viability.

Question 95: A nurse is caring for a patient with psoriasis. What is the most important nursing intervention to prevent infection?

A:- Avoid scratching the affected areas.

B:- Apply topical steroids to the affected areas.

C:- Take oral medications to suppress the immune system.

D:- Keep the skin clean and moisturized.

Correct Answer: Option-D

Rationale: Psoriatic skin is prone to cracking and bleeding; keeping it clean and well-moisturized maintains the skin barrier and reduces the risk of secondary infections.

Question 96: A nurse is preparing a patient for uroflowmetry. What is the most important instruction to give the patient?

A:- Drink plenty of fluids before the test.

B:- Empty your bladder before the test.

C:- Relax and try not to strain during the test.

D:- Stand with your feet shoulder-width apart during the test.

Correct Answer: Option-C

Rationale: Straining can produce an abnormally high flow rate that masks underlying urinary obstructions; the patient must void naturally for an accurate test.

Question 97: A nurse is caring for a patient with priapism. What is the most appropriate nursing intervention?

A:- Administer an analgesic.

B:- Notify the doctor immediately.

C:- Encourage the patient to urinate.

D:- Apply a cold compress to the penis.

Correct Answer: Option-B

Rationale: Priapism is a medical emergency that requires rapid intervention to prevent permanent tissue damage and erectile dysfunction.

Question 98: A nurse is caring for a patient who is experiencing metrorrhagia. What is the most likely cause of the metrorrhagia?

A:- Endometriosis.

B:- Fibroids.

C:- Polycystic ovary syndrome (PCOS).

D:- Uterine cancer.

Correct Answer: Option-A

Rationale: Metrorrhagia refers to irregular bleeding between periods; while several conditions can cause it, endometriosis is a very common clinical cause of irregular menstrual patterns and pain.

Question 99: A nurse is preparing a patient for fine needle aspiration cytology (FNAC). What is the most important instruction to give the patient?

A:- Lie still and relax your muscles.

B:- Tell me if you feel any pain.

C:- Hold your breath while the needle is inserted.

D:- Keep your eyes closed during the procedure.

Correct Answer: Option-A

Rationale: Movement or muscle tension during FNAC can interfere with the precision of the needle placement and the quality of the tissue sample.

Question 100: A nurse is caring for a patient with cervical cancer. Which of the following is the main cause of cervical cancer?

A:- Obesity.

B:- Smoking.

C:- Human papillomavirus (HPV).

D:- Lack of exercise.

Correct Answer: Option-C

Rationale: HPV is the primary cause of cervical cancer, with specific high-risk strains responsible for nearly all cases.

Question 51: A nurse is assessing a patient's apical and radial pulses. The apical pulse is 80 beats per minute and the radial pulse is 72. What is the pulse deficit?

A:- 28 beats per minute

B:- 18 beats per minute

C:- 8 beats per minute

D:- 38 beats per minute

Correct Answer: Option-C

Rationale: The pulse deficit is calculated by subtracting the radial pulse rate from the apical pulse rate ($80 - 72 = 8$). It indicates that some heartbeats are not strong enough to reach the peripheral circulation.

Question 52: A nurse is assessing a patient's pulse. The nurse notes that the pulse is bounding and forceful, with a rapid rise and fall. What is this pulse called?

A:- Traube's sign

B:- Water hammer pulse

C:- Quincke's pulse

D:- Corrigan's pulse

Correct Answer: Option-D

Rationale: Corrigan's pulse (or water-hammer pulse) is a clinical sign often associated with aortic regurgitation, characterized by a sudden, forceful expansion and rapid collapse of the artery.

Question 53: A nurse is caring for a patient who is experiencing shortness of breath. The nurse instructs the patient to sit in a semi-Fowler's position. What is the purpose of this position?

A:- To help the patient relax.

B:- To decrease the amount of carbon dioxide in the blood.

C:- To loosen mucus in the airways.

D:- To increase the amount of oxygen in the blood.

Correct Answer: Option-D

Rationale: The semi-Fowler's position promotes maximum chest expansion and reduces the pressure of the abdominal organs on the diaphragm, facilitating better gas exchange and oxygenation.

Question 54: A nurse is preparing to place a patient in Trendelenburg position. What is the purpose of this position?

A:- To increase blood flow to the brain.

B:- To decrease blood flow to the brain.

C:- To increase blood flow to the legs.

D:- To decrease blood flow to the legs.

Correct Answer: Option-A

Rationale: By placing the head lower than the feet, the Trendelenburg position uses gravity to promote venous return to the heart and increase perfusion to the brain, often used in emergencies like syncope or shock.

Question 55: A nurse is assessing a patient's nails and notes that they have Beau's lines. What is Beau's lines?

A:- Vertical ridges in the nails.

B:- Spoon-shaped nails

C:- Horizontal ridges in the nails.

D:- Clubbing of the nails

Correct Answer: Option-C

Rationale: Beau's lines are deep horizontal grooves or depressions that run across the nail plate, usually caused by a temporary interruption in nail growth due to severe illness or systemic stress.

Question 56: A nurse is caring for a patient who has phlebitis. Which of the following interventions is the most important?

A:- Apply warm compresses to the affected area.

B:- Monitor the patient for signs of infection.

C:- Administer pain medication.

D:- Elevate the affected extremity.

Correct Answer: Option-D

Rationale: Elevating the affected limb helps reduce edema and promotes venous return, which is essential in managing the inflammation of the vein (phlebitis).

Question 57: A nurse is palpating the xiphisternum of a patient. Which of the following is the most likely finding?

A:- A hard, bony prominence.

B:- A soft, fleshy area.

C:- A tender, painful area.

D:- A clicking sensation.

Correct Answer: Option-A

Rationale: The xiphisternum (or xiphoid process) is the smallest and lowest part of the sternum; it is a cartilaginous structure that ossifies into a hard, bony prominence in adults.

Question 58: A nurse is performing Rothera's test on a patient. What is the expected finding?

A:- Pain in the upper right quadrant of the abdomen.

B:- Pain in the left lower quadrant of the abdomen.

C:- Pain in the right lower quadrant of the abdomen.

D:- No pain.

Correct Answer: Option-C

Rationale: While Rothera's test is classically a chemical test for ketones, the source identifies this clinical physical finding (RLQ pain) as the correct option for this specific question.

Question 59: A nurse is caring for a patient who is passing melena. What is the most likely cause of the melena?

A:- Upper gastrointestinal bleeding

B:- Lower gastrointestinal bleeding.

C:- Liver disease.

D:- Intestinal obstruction.

Correct Answer: Option-A

Rationale: Melena is characterized by black, tarry stools caused by the digestion of blood, typically originating from an upper GI source such as the stomach or duodenum.

Question 60: A nurse is caring for a patient who has sordes. What is the best way to remove sordes?

A:- Brushing the tongue with a soft toothbrush.

B:- Using a tongue scraper.

C:- Gargling with salt water.

D:- Applying a topical antibiotic.

Correct Answer: Option-A

Rationale: Sordes is the accumulation of food, microorganisms, and epithelial cells on the teeth and lips of dehydrated or febrile patients; gentle mechanical cleaning with a soft toothbrush is the most effective removal method.

Question 61: A nurse is preparing to administer an astringent enema to a patient. What is the purpose of an astringent enema?

A:- To soften the stool.

B:- To clean the bowel.

C:- To cause the bowel to contract and empty.

D:- To relieve constipation.

Correct Answer: Option-C

Rationale: Astringent enemas (often containing alum) are used to contract the intestinal mucosa and reduce inflammation or bleeding, thereby stimulating the bowel to empty.

Question 62: A nurse is caring for a patient who is using lozenges. What is the main purpose of lozenges?

A:- To relieve pain.

B:- To soothe a sore throat.

C:- To help break up mucus.

D:- To prevent infection.

Correct Answer: Option-B

Rationale: Lozenges are designed to dissolve slowly in the mouth, releasing medication that coats and soothes irritated tissues in the throat.

Question 63: A nurse is caring for a patient who has an idiosyncrasy to a medication. What is the best way to manage this?

A:- Discontinue the medication and notify the prescriber.

B:- Administer the medication as prescribed and monitor the patient closely.

C:- Administer the medication at a lower dose.

D:- Administer the medication with food.

Correct Answer: Option-A

Rationale: An idiosyncratic reaction is an unpredictable and abnormal response to a drug; safety dictates stopping the medication immediately to prevent further harm.

Question 64: A nurse is caring for a patient who is undergoing a procedure that requires insufflation. What is the purpose of insufflation?

A:- To expand the lungs.

B:- To remove air from the lungs.

C:- To improve the visibility of the area.

D:- To create a space for the procedure.

Correct Answer: Option-D

Rationale: Insufflation involves blowing a gas (like CO₂) into a body cavity, such as the abdomen during laparoscopy, to expand the area and create a working space for the surgeon.

Question 65: A nurse is caring for a patient who is diagnosed with anasarca. What is the most likely cause of the anasarca?

A:- Liver failure.

B:- Heart failure.

C:- Kidney failure.

D:- Hypothyroidism.

Correct Answer: Option-B

Rationale: Anasarca is severe, generalized edema; while it can have several causes, the source identifies heart failure as the most likely cause in this context.

Question 66: A nurse is caring for a patient who is infected with a contagious disease. What is the purpose of concurrent disinfection?

A:- To clean and disinfect the patient's environment.

B:- To prevent the spread of infection to other patients.

C:- To kill microorganisms on objects that have been contaminated with the patient's body fluids.

D:- To remove all traces of the infection from the patient's body.

Correct Answer: Option-C

Rationale: Concurrent disinfection refers to the immediate disinfection of all contaminated materials and body fluids while the patient is still infectious, reducing the risk of pathogen transmission.

Question 67: A nurse is caring for a patient who is at risk for Curling's ulcer. What is the most effective way to prevent this?

A:- Administering antacids.

B:- Elevating the head of the bed.

C:- Avoiding smoking.

D:- Providing frequent small meals.

Correct Answer: Option-C

Rationale: Curling's ulcer is an acute gastric erosion seen in patients with severe burns or trauma. The source specifies avoiding smoking as a key preventative measure.

Question 68: A nurse is preparing to administer a medication using a hypospray. What is the most important safety precaution?

A:- Avoid contact with the needle.

B:- Inspect the hypospray for leaks.

C:- Administer the medication slowly.

D:- Check the expiration date of the medication.

Correct Answer: Option-A

Rationale: A hypospray is a jet injector that uses high pressure to deliver medication through the skin without a needle. The source emphasizes avoiding needle contact as a primary safety rule.

Question 69: A nurse is caring for a patient with an acoustic neuroma. What is the most common symptom of this condition?

A:- Dizziness.

B:- Hearing loss.

C:- Headache.

D:- Facial nerve palsy.

Correct Answer: Option-B

Rationale: An acoustic neuroma is a slow-growing tumor on the main nerve leading from the inner ear to the brain; progressive, unilateral hearing loss is the most frequent early symptom.

Question 70: A nurse is caring a patient with Myasthenia Gravis. Which of the following is the most important nursing intervention?

A:- Administering medications as prescribed.

B:- Helping the patient with activities of daily living.

C:- Encouraging the patient to rest.

D:- Monitoring for signs of respiratory distress.

Correct Answer: Option-D

Rationale: Myasthenia Gravis causes muscle weakness that can affect the muscles of respiration; monitoring for distress is critical to prevent life-threatening respiratory failure.

Question 71: A nurse is caring for a patient who is diagnosed with anhydrosis. What is the main clinical manifestation of anhydrosis?

A:- Dry skin.

B:- Increased sweating.

C:- Fever.

D:- Decreased sweating.

Correct Answer: Option-D

Rationale: Anhydrosis is the medical term for the inability to sweat normally, which can lead to overheating and heatstroke because the body cannot cool itself effectively.

Question 72: A nurse is caring for a patient with Prinzmetal's angina. What is the most effective treatment for this condition?

A:- Calcium channel blockers.

B:- Beta-blockers.

C:- Aspirin.

D:- Nitroglycerin.

Correct Answer: Option-A

Rationale: Prinzmetal's (variant) angina is caused by coronary artery vasospasm; calcium channel blockers are the drug of choice because they prevent the spasming of the smooth muscles in the artery walls.

Question 73: A nurse is caring for a patient who has undergone cardiac catheterization. Which of the following is the most important nursing intervention?

A:- Keep the patient's affected extremity immobilized.

B:- Assess the patient's pain level.

C:- Monitor the patient's vital signs.

D:- Encourage the patient to drink plenty of fluids.

Correct Answer: Option-C

Rationale: Frequent monitoring of vital signs is essential to detect early signs of complications such as internal bleeding, hematoma, or arrhythmias following the invasive procedure.

Question 74: A nurse is preparing to defibrillate a patient. What is the first step in the procedure?

A:- Turn on the defibrillator.

B:- Attach the paddles to the patient's chest.

C:- Clear the area around the patient.

D:- Assess the patient's rhythm.

Correct Answer: Option-C

Rationale: Ensuring the area is clear is the most important safety step to prevent accidental electrical shock to healthcare staff or bystanders during the discharge of energy.

Question 75: A nurse is caring for a patient with bronchiectasis. What is the most common symptom of this condition?

A:- Coughing up mucus.

B:- Chest pain.

C:- Shortness of breath.

D:- Wheezing

Correct Answer: Option-A

Rationale: Bronchiectasis is characterized by permanently dilated airways that accumulate large amounts of purulent mucus, leading to a chronic, productive cough.

Question 76: A nurse is caring for a patient with pulmonary edema. Which of the following interventions is the most important?

A:- Monitoring the patient's vital signs.

B:- Placing the patient in a sitting position.

C:- Administering oxygen.

D:- Administering diuretics.

Correct Answer: Option-C

Rationale: Pulmonary edema severely impairs gas exchange in the alveoli; providing supplemental oxygen is the most critical immediate intervention to address life-threatening hypoxia.

Question 77: A nurse is auscultating the lungs of a patient and hears crackles. What is the most likely cause of the crackles?

A:- Narrowed airways.

B:- Air in the lungs.

C:- Fluid in the lungs.

D:- Thickened airways.

Correct Answer: Option-C

Rationale: Crackles (rales) are discontinuous popping sounds heard when air forced through airways narrowed by fluid, mucus, or pus, commonly seen in pneumonia or heart failure.

Question 78: A nurse is preparing to use a proctoscope to examine a patient's rectum. What is the first step that the nurse should take?

A:- Lubricate the proctoscope

B:- Position the patient in the left lateral decubitus position.

C:- Drape the patient's legs.

D:- Explain the procedure to the patient.

Correct Answer: Option-D

Rationale: Informed consent and reducing patient anxiety are the priorities; explaining the procedure ensures the patient knows what to expect and can cooperate more effectively.

Question 79: A nurse is caring for a patient with a colostomy. What is the most important factor to consider when choosing a colostomy bag?

A:- The size of the stoma.

B:- The skin condition around the stoma.

C:- The activity level of the patient.

D:- The type of stool.

Correct Answer: Option-B

Rationale: Protecting the peristomal skin from irritation and breakdown is vital for the patient's comfort and the successful adherence of the appliance.

Question 80: A nurse is caring for a patient with GERD. Which of the following interventions is the most important to prevent symptoms?

A:- Administering antacids.

B:- Avoiding foods and drinks that trigger symptoms.

C:- Elevating the head of the bed.

D:- Losing weight if overweight or obese.

Correct Answer: Option-B

Rationale: Identifying and avoiding specific dietary triggers (like caffeine or fatty foods) directly prevents the relaxation of the lower esophageal sphincter and the resulting acid reflux.

Question 81: A nurse is caring for a patient with cystitis. Which of the following is the most common symptom of cystitis?

A:- Pain in the lower back.

B:- Frequent urination.

C:- Cloudy urine.

D:- Burning sensation when urinating.

Correct Answer: Option-D

Rationale: Dysuria, or a burning sensation during urination, is a hallmark sign of bladder inflammation (cystitis) caused by an infection.

Question 82: A nurse is caring for a patient with neurogenic bladder. What is the most important nursing intervention to promote bladder emptying?

A:- Encourage fluid intake.

B:- Empty the bladder regularly.

C:- Catheterize the bladder regularly.

D:- Monitor for signs of infection.

Correct Answer: Option-B

Rationale: Timed voiding or scheduled emptying is essential for managing a neurogenic bladder to prevent urinary retention, stasis, and subsequent infections.

Question 83: A nurse is caring for a patient with nephrotic syndrome. What is the most important nursing intervention to prevent complications?

A:- Monitor fluid intake and output.

B:- Administer diuretics as prescribed.

C:- Encourage bed rest.

D:- Provide a low-protein diet.

Correct Answer: Option-A

Rationale: Nephrotic syndrome involves severe proteinuria and massive edema; strict monitoring of intake and output is critical to assess fluid balance and the effectiveness of therapy.

Question 84: A nurse is caring for a patient with nystagmus. What is the most important nursing intervention?

A:- Administering anti-vertigo medication.

B:- Keeping the patient's head in a neutral position.

C:- Encouraging the patient to rest.

D:- Monitoring the patient's vital signs.

Correct Answer: Option-B

Rationale: Involuntary eye movements in nystagmus can cause dizziness; keeping the head in a neutral, stable position helps reduce the intensity of symptoms.

Question 85: A nurse is caring for a patient with halitosis. What is the most likely cause of the halitosis?

A:- Dry mouth.

B:- Sinus infection.

C:- Gastroesophageal reflux disease (GERD).

D:- Tooth decay.

Correct Answer: Option-A

Rationale: Dry mouth (xerostomia) reduces the natural cleansing effect of saliva, allowing odor-producing bacteria to proliferate.

Question 86: A nurse is using a Snellen's chart to assess a patient's visual acuity. What is the normal result for a patient with normal vision?

A:- 20/40

B:- 20/20

C:- 20/60

D:- 20/80

Correct Answer: Option-B

Rationale: 20/20 is the standard for "normal" vision, meaning the patient can see at 20 feet what a person with standard vision should be able to see at that distance.

Question 87: A nurse is caring for a patient with gout. Which of the following is the most important nursing intervention?

A:- Administering pain medication.

B:- Teaching the patient about gout.

C:- Applying cold compresses to the affected joint.

D:- Elevating the affected joint.

Correct Answer: Option-B

Rationale: Education regarding dietary modifications (low-purine diet) and hydration is critical for the long-term management and prevention of painful gout flare-ups.

Question 88: A nurse is caring for a patient with a Pott's fracture. What is the most common complication of this injury?

A:- Malunion.

B:- Bone infection.

C:- Nerve damage.

D:- Avascular necrosis.

Correct Answer: Option-C

Rationale: A Pott's fracture involves the ankle bones; the resulting displacement can easily compress or damage the nerves passing near the joint.

Question 89: A nurse is caring for a patient who has a fat embolism. What is the most likely cause of the fat embolism?

A:- A heart attack.

B:- A head injury.

C:- A long bone fracture.

D:- A stroke.

Correct Answer: Option-C

Rationale: Fat embolism syndrome is a classic complication of fractures of long bones (like the femur), where fat droplets from the bone marrow are released into the bloodstream.

Question 90: A nurse is caring for a patient with myxedema. What is the most likely cause of the patient's symptoms?

A:- Hypothyroidism.

B:- Hyperthyroidism.

C:- Diabetes mellitus.

D:- Addison's disease.

Correct Answer: Option-A

Rationale: Myxedema refers to the severe presentation of hypothyroidism, characterized by non-pitting edema and a general slowing of all bodily processes.

Question 91: A nurse is caring for a patient with a buffalo hump. What is the most likely cause of the buffalo hump?

A:- Addison's disease.

B:- Cushing's syndrome.

C:- Acromegaly.

D:- Hypothyroidism.

Correct Answer: Option-B

Rationale: Excess cortisol in Cushing's syndrome leads to the redistribution of adipose tissue, resulting in a fat pad on the upper back known as a "buffalo hump."

Question 92: A nurse is caring for a patient with diabetes who is experiencing the Somogyi effect. What is the best way to manage this?

A:- Administer a higher dose of insulin.

B:- Notify the prescriber.

C:- Increase physical activity.

D:- Administer a snack before bed.

Correct Answer: Option-D

Rationale: The Somogyi effect is rebound hyperglycemia in the morning caused by a drop in blood glucose during the night; a bedtime snack helps prevent the initial nighttime hypoglycemia.

Question 93: A nurse is caring for a patient with erysipelas. What is the most important nursing intervention?

A:- Elevating the affected area.

B:- Administering antibiotics.

C:- Applying a cool compress to the affected area.

D:- Keeping the affected area clean and dry.

Correct Answer: Option-B

Rationale: Erysipelas is a bacterial infection of the superficial layers of the skin; prompt antibiotic therapy is the primary treatment to eradicate the pathogen.

Question 94: A nurse is caring for a patient who has undergone a fasciotomy. What is the main purpose of this procedure?

A:- To relieve pressure in the muscle compartment.

B:- To remove dead tissue.

C:- To repair damaged muscles.

D:- To prevent infection.

Correct Answer: Option-A

Rationale: A fasciotomy is a surgical procedure where the fascia is cut to relieve tension or pressure that is restricting blood flow to muscles and nerves (compartment syndrome).

Question 95: A nurse is caring for a patient with psoriasis. What is the most important nursing intervention to prevent infection?

A:- Avoid scratching the affected areas.

B:- Apply topical steroids to the affected areas.

C:- Take oral medications to suppress the immune system.

D:- Keep the skin clean and moisturized.

Correct Answer: Option-D

Rationale: Keeping the skin hydrated reduces cracking and bleeding, which minimizes the entry points for bacteria and the risk of secondary skin infections.

Question 96: A nurse is preparing a patient for uroflowmetry. What is the most important instruction to give the patient?

A:- Drink plenty of fluids before the test.

B:- Empty your bladder before the test.

C:- Relax and try not to strain during the test.

D:- Stand with your feet shoulder-width apart during the test.

Correct Answer: Option-C

Rationale: For an accurate measurement of natural urinary flow, the patient should avoid abdominal straining or unnatural efforts to void during the test.

Question 97: A nurse is caring for a patient with priapism. What is the most appropriate nursing intervention?

A:- Administer an analgesic.

B:- Notify the doctor immediately.

C:- Encourage the patient to urinate.

D:- Apply a cold compress to the penis.

Correct Answer: Option-B

Rationale: Priapism is a medical emergency involving a prolonged and painful erection that can cause permanent tissue damage if not treated promptly.

Question 98: A nurse is caring for a patient who is experiencing metrorrhagia. What is the most likely cause of the metrorrhagia?

A:- Endometriosis.

B:- Fibroids.

C:- Polycystic ovary syndrome (PCOS).

D:- Uterine cancer.

Correct Answer: Option-A

Rationale: Metrorrhagia refers to irregular uterine bleeding between periods; the source identifies endometriosis as a common cause of such abnormal bleeding patterns.

Question 99: A nurse is preparing a patient for fine needle aspiration cytology (FNAC). What is the most important instruction to give the patient?

A:- Lie still and relax your muscles.

B:- Tell me if you feel any pain.

C:- Hold your breath while the needle is inserted.

D:- Keep your eyes closed during the procedure.

Correct Answer: Option-A

Rationale: Remaining perfectly still is essential to ensure that the fine needle can accurately sample the target tissue without causing trauma to surrounding areas.

Question 100: A nurse is caring for a patient with cervical cancer. Which of the following is the main cause of cervical cancer?

A:- Obesity.

B:- Smoking.

C:- Human papillomavirus (HPV).

D:- Lack of exercise.

Correct Answer: Option-C

Rationale: Persistent infection with high-risk strains of the Human Papillomavirus (HPV) is the primary cause of almost all cases of cervical cancer.

Question 101: A nurse is caring for a patient who is receiving radiation therapy for cancer. What is the most important nursing intervention for the skin in the treatment area?

A:- Keeping the skin clean and dry.

B:- Applying a lotion to the skin.

C:- Avoiding scratching the skin.

D:- Using a radiation shield.

Correct Answer: Option-A

Rationale: Radiation can cause skin breakdown and sensitivity. Keeping the area clean and dry prevents secondary infections and minimizes further irritation to the compromised tissue.

Question 102: A nomogram is a graphical representation of a mathematical formula. Which of the following is a common use of a nomogram in nursing?

A:- To calculate the dosage of a drug based on a patient's weight.

B:- To determine the risk of a patient developing a side effect from a drug.

C:- To predict the onset of a drug's effects.

D:- To compare the effectiveness of different drugs.

Correct Answer: Option-A

Rationale: Nomograms are frequently used in pediatrics and oncology to determine precise medication dosages by plotting variables such as height and weight to find the body surface area (BSA).

Question 103: Acyclovir is an antiviral drug that is used to treat herpes simplex virus (HSV) infections. Which of the following is the mechanism of action of acyclovir?

A:- It stimulates the production of antibodies against HSV.

B:- It binds to the surface of HSV and prevents the virus from entering the cell.

C:- It inhibits the replication of HSV by blocking the activity of its DNA polymerase.

D:- It increases the production of interferon, which is a natural antiviral protein.

Correct Answer: Option-C

Rationale: Acyclovir is a nucleoside analog that selectively inhibits viral DNA polymerase, thereby halting the replication of the viral DNA chain.

Question 104: Levothyroxine is a synthetic thyroid hormone that is used to treat hypothyroidism. Which of the following is the mechanism of action of levothyroxine?

A:- It inhibits the production of thyroid hormone by the thyroid gland.

B:- It binds to the thyroid hormone receptor and activates it.

C:- It stimulates the production of thyroid stimulating hormone (TSH).

D:- It blocks the effects of thyroid hormone.

Correct Answer: Option-B

Rationale: Levothyroxine acts as a replacement for the natural hormone thyroxine (T4), binding to thyroid hormone receptors in the body to regulate metabolism.

Question 105: Cetirizine hydrochloride is an antihistamine that is used to treat allergies. Which of the following is the mechanism of action of cetirizine?

A:- It blocks the effects of histamine at the H1 receptor.

B:- It inhibits the production of histamine.

C:- It stimulates the production of antibodies against histamine.

D:- It increases the production of interferon, which is a natural antihistamine.

Correct Answer: Option-A

Rationale: As a second-generation antihistamine, cetirizine selectively competes with free histamine for binding at H1-receptor sites in the GI tract, blood vessels, and respiratory tract.

Question 106: Warfarin sodium is an anticoagulant that is used to prevent blood clots. Which of the following is the mechanism of action of warfarin?

A:- It inhibits the production of vitamin K.

B:- It blocks the effects of vitamin K on blood clotting factors.

C:- It stimulates the production of blood clotting factors.

D:- It increases the production of vitamin K.

Correct Answer: Option-B

Rationale: Warfarin interferes with the hepatic synthesis of Vitamin K-dependent clotting factors (II, VII, IX, and X).

Question 107: Mannitol is a sugar alcohol that is used as a diuretic and to reduce intracranial pressure. Which of the following is the mechanism of action of mannitol?

A:- It blocks the effects of vasopressin, which is a hormone that causes water retention.

B:- It inhibits the production of urine.

C:- It increases the osmotic pressure of the blood, which draws water out of the tissues and into the bloodstream.

D:- It increases the production of antidiuretic hormone (ADH), which is a hormone that causes water retention.

Correct Answer: Option-C

Rationale: Mannitol is an osmotic diuretic that creates an osmotic gradient, pulling fluid from the intracellular and interstitial spaces into the intravascular compartment to be excreted by the kidneys.

Question 108: A biopsy is a medical procedure in which a small piece of tissue is removed from the body for examination. Which of the following is the most common type of biopsy?

A:- Fine needle aspiration biopsy

B:- Incisional biopsy

C:- Needle biopsy

D:- Excisional biopsy

Correct Answer: Option-D

Rationale: While several types exist, an excisional biopsy (removing the entire lump or suspicious area) is a standard and common procedure for both diagnosis and initial treatment.

Question 109: A patient presents with a rash on their skin that is red, raised, and itchy. The rash is also accompanied by fluid-filled blisters. Which of the following is the most likely diagnosis?

A:- Measles

B:- Roseola

C:- Rubella

D:- Chickenpox

Correct Answer: Option-D

Rationale: The hallmark of chickenpox (varicella) is a pruritic (itchy) rash that progresses from red papules to fluid-filled vesicles (blisters).

Question 110: Integrins are cell surface receptors that mediate the attachment of cells to the extracellular matrix. Which of the following is a function of integrins?

A:- They bind to specific molecules in the extracellular matrix.

B:- They transmit signals from the extracellular matrix to the cell.

C:- They help cells to migrate.

D:- All of the above.

Correct Answer: Option-D

Rationale: Integrins are vital for cell-to-matrix adhesion, signal transduction, and the physical movement of cells through tissues.

Question 111: Rudolf Virchow was a German pathologist who is considered the father of modern pathology. Which of the following was one of his most important contributions to pathology?

A:- He discovered the cell theory.

B:- He discovered the bacteria that causes tuberculosis.

C:- He invented the microscope.

D:- He developed the concept of cellular pathology.

Correct Answer: Option-D

Rationale: Virchow's "Cellular Pathology" established that diseases do not arise in whole organs but primarily in individual cells.

Question 112: Sepsis is a serious condition in which the body's response to infection damages its own tissues and organs. Which of the following is the most common cause of sepsis?

A:- Bacterial infection

B:- Viral infection

C:- Fungal infection

D:- Parasitic infection

Correct Answer: Option-A

Rationale: While any pathogen can cause sepsis, bacterial infections of the lungs, urinary tract, or gut are the leading triggers.

Question 113: A body mass index (BMI) of 25.0 to 29.9 is classified as:

- A:- Underweight
- B:- Normal weight
- C:- Overweight**
- D:- Obese

Correct Answer: Option-C

Rationale: According to standard health guidelines, a BMI between 25.0 and 29.9 indicates an individual is in the overweight category.

Question 114: Which of the following is the most important consideration when mopping up a biohazard spill?

- A:- Wearing personal protective equipment (PPE) to prevent exposure to the biohazard
- B:- Using a disinfectant solution that is effective against the specific biohazard**
- C:- Mopping up the spill from the outside in to prevent the spread of the biohazard
- D:- Disposing of the mop and bucket in a biohazard container

Correct Answer: Option-B

Rationale: Ensuring the cleaning agent effectively kills the specific pathogen present is critical for decontamination; however, standard protocol requires PPE as well.

Question 115: Which of the following is a common disease that can be caused by exposure to contaminated sewage?

- A:- Cholera
- B:- Dysentery
- C:- Typhoid fever
- D:- All of the above**

Correct Answer: Option-D

Rationale: Contaminated sewage is a primary vehicle for waterborne fecal-oral diseases including cholera, dysentery, and typhoid.

Question 116: The orthotolidine test is used to measure the:

A:- Free chlorine in water

B:- Combined chlorine in water

C:- Total chlorine in water

D:- pH of water

Correct Answer: Option-A

Rationale: This test is used in water treatment to determine the amount of residual free chlorine available for disinfection.

Question 117: Which of the following is a non-service type latrine?

A:- Pour-flush latrine

B:- Pit latrine

C:- Ventilated improved pit latrine (VIP) latrine

D:- Septic tank

Correct Answer: Option-B

Rationale: A pit latrine is considered "non-service" because it does not require manual removal of waste for disposal, unlike service latrines used in historical contexts.

Question 118: Under the Employees' State Insurance (ESI) scheme, the employer's contribution is:

A:- 0.75% of the employee's gross salary

B:- 12% of the employee's gross salary

C:- 4.0% of the employee's gross salary

D:- 3.25% of the employee's gross salary

Correct Answer: Option-D

Rationale: Statutory ESI contributions in India are set by law; currently, the employer's share is 3.25% of the wages.

Question 119: The Dutch cap is a type of _____.

A:- emergency contraceptive

B:- hormonal method

C:- barrier method

D:- permanent method

Correct Answer: Option-C

Rationale: The Dutch cap, or diaphragm, is a silicone or latex device that acts as a physical barrier to prevent sperm from entering the cervix.

Question 120: Gossypol is a naturally occurring compound found in cottonseed. It has been used as a male contraceptive in some countries, but it has some serious side effects. Which of the following is a serious side effect of gossypol?

A:- Liver damage

B:- Kidney damage

C:- Heart problems

D:- All of the above

Correct Answer: Option-D

Rationale: Gossypol usage was significantly limited due to high toxicity risks involving multiple organ systems.

Question 121: The index case in an outbreak is:

A:- The person who has the most severe symptoms of the disease

B:- The person who introduced the disease into the community

C:- The first person to be diagnosed with the disease

D:- The person who is the most contagious

Correct Answer: Option-C

Rationale: The "index case" is the first patient discovered by health authorities during an outbreak investigation.

Question 122: Which of the following is a picornavirus?

A:- Poliovirus

B:- Hepatitis A virus

C:- Rotavirus

D:- HIV

Correct Answer: Option-A

Rationale: Picornaviruses are a family of small, non-enveloped RNA viruses that include the poliovirus.

Question 123: Which of the following is the main function of HLA molecules?

A:- To present antigens to T cells

B:- To destroy infected cells

C:- To produce antibodies

D:- To regulate the immune response

Correct Answer: Option-A

Rationale: Human Leukocyte Antigens (HLA) are essential for the immune system to recognize foreign particles by presenting fragments of antigens on the cell surface for T-cell inspection.

Question 124: Kernig's sign is a diagnostic test for which of the following conditions?

A:- Meningitis

B:- Encephalitis

C:- Brain tumor

D:- Cerebral palsy

Correct Answer: Option-A

Rationale: A positive Kernig's sign (pain or resistance when extending the knee with the hip flexed) indicates meningeal irritation, a classic sign of meningitis.

Question 125: Australia antigen is a marker for which of the following?

A:- Hepatitis B

B:- Hepatitis C

C:- HIV

D:- Syphilis

Correct Answer: Option-A

Rationale: Originally known as the Australia antigen, it is now identified as the Hepatitis B surface antigen (HBsAg).

Question 126: Culex mosquitoes are known to transmit which of the following diseases?

A:- Malaria

B:- Dengue fever

C:- West Nile virus

D:- Zika virus

Correct Answer: Option-C

Rationale: *Culex* mosquitoes are the primary vector for West Nile virus, while *Aedes* mosquitoes transmit Dengue and Zika.

Question 127: Annual parasitic incidence (API) is calculated as:

A:- Total number of positive slides for parasite in a year / Total population

B:- Total number of positive slides for parasite in a year / Total number of cases

C:- Total number of cases in a year / Total population

D:- Total number of cases in a year / Total number of positive slides for parasite

Correct Answer: Option-A

Rationale: API is a standard measure used in public health to monitor malaria frequency in a given population over a year.

Question 128: A break point in community health is a point at which:

A:- The community's health status improves significantly.

B:- The community's health status is at risk of declining.

C:- The community's health status reaches a plateau.

D:- The community's health status declines significantly.

Correct Answer: Option-B

Rationale: A "break point" refers to a critical threshold where social or environmental factors may cause a decline in the community's overall health safety.

Question 129: The Trained Nurses' Association of India (TNAI) is headquartered in which city?

A:- New Delhi

B:- Chennai

C:- Kolkata

D:- Mumbai

Correct Answer: Option-A

Rationale: The TNAI, established in 1908, has its national headquarters in New Delhi.

Question 130: Which of the following was NOT a recommendation of the Bhore Committee?

A:- Integration of preventive and curative services at all administrative levels

B:- Development of Primary Health Centres (PHCs) in 2 stages

C:- Establishment of a Central Health Board

D:- Privatization of the healthcare system

Correct Answer: Option-D

Rationale: The 1946 Bhore Committee emphasized a public health system available to everyone regardless of ability to pay, specifically moving away from private models.

Question 131: Which of the following is the most effective way to prevent the spread of COVID-19?

A:- Getting vaccinated

B:- Wearing a mask

C:- Washing your hands frequently

D:- Avoiding close contact with people who are sick

Correct Answer: Option-A

Rationale: While all are important, widespread vaccination is considered the most effective public health tool for preventing severe disease and transmission.

Question 132: Which of the following is the most common side effect of the measles, mumps, and rubella (MMR) vaccine?

A:- Fever

B:- Rash

C:- Allergic reaction

D:- Pain at the injection site

Correct Answer: Option-D

Rationale: Similar to most vaccines, local reactions such as soreness or pain at the site of administration are the most frequently reported side effects.

Question 133: A patient with a Bartholin's cyst undergoes marsupialization. Which of the following is the most important nursing intervention?

A:- Instruct the patient to keep the area clean.

B:- Apply ice packs to the area.

C:- Encourage fluids.

D:- Monitor for bleeding.

Correct Answer: Option-A

Rationale: Post-procedural hygiene is critical to prevent infection in the surgical opening created during marsupialization.

Question 134: A patient is scheduled for a pudendal nerve block. Which of the following is the most important nursing intervention?

A:- Obtain consent.

B:- Instruct the patient to empty their bladder.

C:- Administer a sedative.

D:- Prepare the patient for a lithotomy position.

Correct Answer: Option-B

Rationale: An empty bladder increases space and visibility in the pelvic area and reduces the risk of accidental bladder puncture during the procedure.

Question 135: A nurse is preparing to use an Oldham's perforator for a surgical procedure. Which of the following is the most important instruction?

A:- Lubricate the tip of the perforator with sterile saline.

B:- Assemble the perforator according to the manufacturer's instructions.

C:- Check the expiration date of the perforator.

D:- Apply pressure to the site after the procedure.

Correct Answer: Option-C

Rationale: For specialized surgical tools, ensuring the device is within its sterile shelf-life is a primary safety check.

Question 136: A pregnant woman is diagnosed with intrauterine growth restriction (IUGR). The nurse is reviewing the ponderal index (PI) is 2.0. Which of the following is the most appropriate nursing intervention?

A:- Monitor the woman's blood pressure.

B:- Refer the woman to a perinatal specialist.

C:- Encourage the woman to eat a healthy diet.

D:- Administer corticosteroids to the woman.

Correct Answer: Option-B

Rationale: A low Ponderal Index ($PI < 2.2$) signals potential malnutrition or growth issues in the fetus; specialized perinatal care is necessary to manage these risks.

Question 137: A patient with prolactinoma is taking bromocriptine. Which of the following is the most important nursing intervention?

A:- Monitor for headache.

B:- Instruct the patient to take the medication with food.

C:- Monitor for orthostatic hypotension.

D:- Encourage the patient to drink plenty of fluids.

Correct Answer: Option-C

Rationale: Bromocriptine can cause significant drops in blood pressure when changing positions; patients must be taught to stand up slowly.

Question 138: A woman with a contracted pelvis is scheduled for a cesarean section. Which of the following is the most important?

A:- Provide emotional support.

B:- Administer pain medication.

C:- Monitor for bleeding.

D:- Encourage early ambulation.

Correct Answer: Option-A

Rationale: While all medical care is vital, the emotional impact of needing surgery due to physical constraints often requires significant nursing support and reassurance.

Question 139: A woman is in labor for more than 18 hours. Which of the following is the most important nursing intervention?

A:- Perform an amniotomy.

B:- Encourage the woman to ambulate.

C:- Administer oxytocin.

D:- Monitor the woman's vital signs.

Correct Answer: Option-D

Rationale: Prolonged labor increases the risk of exhaustion and infection; continuous monitoring of vital signs and fetal heart rate is paramount.

Question 140: A 38-year-old woman at 39 weeks of gestation is being evaluated for induction of labor. The nurse finds: cervix 4 cm dilated, 75% effaced, and firm. The presenting part is at -1 station. The Bishop score is:

A:- 5

B:- 7

C:- 6

D:- 8

Correct Answer: Option-C

Rationale: Bishop score components: Dilation 4cm (+2), Effacement 75% (+2), Station -1 (+1), Consistency firm (+0), Position middle (+1). Total = 6.

Question 141: A partograph is a graphic record of the progress of labor. Which of the following is the most important information recorded on a partograph?

A:- Uterine contractions

B:- Fetal heart rate

C:- Maternal blood pressure

D:- Cervical dilation

Correct Answer: Option-D

Rationale: Plotting the rate of cervical dilation against time is the primary indicator of whether labor is progressing at a normal rate.

Question 142: Cullen's sign is a bluish discoloration around the umbilicus. It is a sign of:

A:- Peritonitis

B:- Pancreatitis

C:- Ruptured ectopic pregnancy

D:- Intestinal obstruction

Correct Answer: Option-C

Rationale: While often associated with pancreatitis, in an obstetric context, this periumbilical bruising indicates intraperitoneal hemorrhage, often from an ectopic rupture.

Question 143: Eclampsia is a serious condition that occurs in pregnant women with preeclampsia. Which of the following is the hallmark symptom of eclampsia?

A:- Proteinuria

B:- Seizures

C:- Hyperreflexia

D:- Headache

Correct Answer: Option-B

Rationale: Eclampsia is distinguished from preeclampsia by the onset of tonic-clonic seizures.

Question 144: Palmer's sign is a sign of pregnancy. It is characterized by:

A:- Regular rhythmic uterine contractions.

B:- Softening and compressibility of the lower uterine segment.

C:- Bluish discoloration of the vulva and vagina.

D:- Painless enlargement of the breasts.

Correct Answer: Option-A

Rationale: Palmer's sign refers to gentle, rhythmic contractions of the uterus that can be felt as early as 4-8 weeks gestation.

Question 145: Maternal serum alpha-fetoprotein (MSAFP) is a blood test that is used to screen for neural tube defects (NTDs). What is a normal level of MSAFP?

A:- 2.5 to 25 ng/mL

B:- 50 to 80 ng/mL

C:- 10 to 40 ng/mL

D:- 100 to 150 ng/mL

Correct Answer: Option-C

Rationale: Although values vary by gestational age, the 10-40 ng/mL range generally represents normal screening results during the middle trimester.

Question 146: Vernix caseosa is a white, cheesy substance that covers the skin of a newborn baby. Which of the following is a function?

A:- Protects the baby's skin from the harsh environment.

B:- Helps the baby to regulate their temperature.

C:- Lubricates the baby's skin during birth.

D:- All of the above.

Correct Answer: Option-D

Rationale: Vernix serves as a biological barrier in utero, assists with thermal regulation after birth, and facilitates passage through the birth canal.

Question 147: Which of the following is the most important factor to consider when using an infantometer to measure length?

A:- The infant's position

B:- The infant's weight

C:- The infant's age

D:- The infant's clothing

Correct Answer: Option-A

Rationale: For an accurate measurement of length, the infant must be placed correctly with their head against the headboard and legs fully extended.

Question 148: Which of the following is a contraindication for the use of imipramine in children?

A:- Seizure disorder

B:- Heart disease

C:- Diabetes

D:- None of the above

Correct Answer: Option-A

Rationale: Imipramine, a tricyclic antidepressant, can lower the seizure threshold and is contraindicated in children with existing seizure disorders.

Question 149: Which of the following is a benefit of lactoferrin for infants?

A:- It helps protect against infections

B:- It helps regulate iron absorption

C:- It helps promote gut health

D:- All of the above

Correct Answer: Option-D

Rationale: Lactoferrin is a protein in breast milk with potent antimicrobial, anti-inflammatory, and iron-binding properties.

Question 150: Which of the following is a nursing diagnosis for failure to thrive?

A:- Disturbed sensory perception

B:- Deficient fluid volume

C:- Imbalanced nutrition: Less than body requirements

D:- Impaired social interaction

Correct Answer: Option-C

Rationale: Failure to thrive is primarily characterized by insufficient weight gain and growth compared to age standards.

Question 101: A nurse is caring for a patient who is receiving radiation therapy for cancer. What is the most important nursing intervention for the skin in the treatment area?

A:- Keeping the skin clean and dry.

B:- Applying a lotion to the skin.

C:- Avoiding scratching the skin.

D:- Using a radiation shield.

Correct Answer: Option-A

Rationale: Radiation can cause skin irritation and breakdown (radiodermatitis). Maintaining cleanliness and dryness prevents infection and further irritation in the sensitive treatment area.

Question 102: A nomogram is a graphical representation of a mathematical formula. Which of the following is a common use of a nomogram in nursing?

A:- To calculate the dosage of a drug based on a patient's weight.

B:- To determine the risk of a patient developing a side effect from a drug.

C:- To predict the onset of a drug's effects.

D:- To compare the effectiveness of different drugs.

Correct Answer: Option-A

Rationale: Nomograms are often used in pediatrics or oncology to precisely calculate medication dosages based on body surface area (BSA) or weight by intersecting lines on a graph.

Question 103: Acyclovir is an antiviral drug that is used to treat herpes simplex virus (HSV) infections. Which of the following is the mechanism of action of acyclovir?

A:- It stimulates the production of antibodies against HSV.

B:- It binds to the surface of HSV and prevents the virus from entering the cell.

C:- It inhibits the replication of HSV by blocking the activity of its DNA polymerase.

D:- It increases the production of interferon, which is a natural antiviral protein.

Correct Answer: Option-C

Rationale: Acyclovir is a nucleoside analog that selectively inhibits viral DNA polymerase, thereby stopping the replication of the virus.

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A:- It inhibits the production of thyroid hormone by the thyroid gland.

B:- It binds to the thyroid hormone receptor and activates it.

C:- It stimulates the production of thyroid stimulating hormone (TSH).

D:- It blocks the effects of thyroid hormone.

Correct Answer: Option-B

Rationale: Levothyroxine acts as a direct replacement for endogenous thyroxine (T₄), binding to receptors to regulate metabolic processes.

Question 105: Cetirizine hydrochloride is an antihistamine that is used to treat allergies. Which of the following is the mechanism of action of cetirizine?

A:- It blocks the effects of histamine at the H₁ receptor.

B:- It inhibits the production of histamine.

C:- It stimulates the production of antibodies against histamine.

D:- It increases the production of interferon, which is a natural antihistamine.

Correct Answer: Option-A

Rationale: As a second-generation antihistamine, cetirizine selectively competes with histamine for H1-receptor sites, reducing allergy symptoms without significant sedation.

Question 106: Warfarin sodium is an anticoagulant that is used to prevent blood clots. Which of the following is the mechanism of action of warfarin?

A:- It inhibits the production of vitamin K.

B:- It blocks the effects of vitamin K on blood clotting factors.

C:- It stimulates the production of blood clotting factors.

D:- It increases the production of vitamin K.

Correct Answer: Option-B

Rationale: Warfarin interferes with the hepatic synthesis of Vitamin K-dependent clotting factors (II, VII, IX, and X).

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A:- It blocks the effects of vasopressin, which is a hormone that causes water retention.

B:- It inhibits the production of urine.

C:- It increases the osmotic pressure of the blood, which draws water out of the tissues and into the bloodstream.

D:- It increases the production of antidiuretic hormone (ADH), which is a hormone that causes water retention.

Correct Answer: Option-C

Rationale: As an osmotic diuretic, mannitol pulls fluid from the intracellular and interstitial spaces into the vascular system to be excreted by the kidneys.

Question 108: A biopsy is a medical procedure in which a small piece of tissue is removed from the body for examination. Which of the following is the most common type of biopsy?

A:- Fine needle aspiration biopsy

B:- Incisional biopsy

C:- Needle biopsy

D:- Excisional biopsy

Correct Answer: Option-D

Rationale: In an excisional biopsy, the entire lesion or suspicious area is removed for testing, making it a very common diagnostic procedure.

Question 109: A patient presents with a rash on their skin that is red, raised, and itchy. The rash is also accompanied by fluid-filled blisters. Which of the following is the most likely diagnosis?

A:- Measles

B:- Roseola

C:- Rubella

D:- Chickenpox

Correct Answer: Option-D

Rationale: The hallmark of chickenpox (Varicella) is the progression of lesions from red spots to itchy, fluid-filled vesicles (blisters).

Question 110: Integrins are cell surface receptors that mediate the attachment of cells to the extracellular matrix. Which of the following is a function of integrins?

A:- They bind to specific molecules in the extracellular matrix.

B:- They transmit signals from the extracellular matrix to the cell.

C:- They help cells to migrate.

D:- All of the above.

Correct Answer: Option-D

Rationale: Integrins are vital for structural integrity, facilitating cellular movement and transmitting critical signals into the cell.

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A:- He discovered the cell theory.

B:- He discovered the bacteria that causes tuberculosis.

C:- He invented the microscope.

D:- He developed the concept of cellular pathology.

Correct Answer: Option-D

Rationale: Virchow shifted the understanding of disease from organ-based to the cellular level, asserting that all diseases originate in the cells.

Question 112: Sepsis is a serious condition in which the body's response to infection damages its own tissues and organs. Which of the following is the most common cause of sepsis?

A:- Bacterial infection

B:- Viral infection

C:- Fungal infection

D:- Parasitic infection

Correct Answer: Option-A

Rationale: While any infection can lead to sepsis, bacterial infections of the lungs, blood, or urinary tract are the most frequent triggers.

Question 113: A body mass index (BMI) of 25.0 to 29.9 is classified as:

A:- Underweight

B:- Normal weight

C:- Overweight

D:- Obese

Correct Answer: Option-C

Rationale: Based on global standards, a BMI in the range of 25.0–29.9 indicates an individual is overweight for their height.

Question 114: Which of the following is the most important consideration when mopping up a biohazard spill?

A:- Wearing personal protective equipment (PPE) to prevent exposure to the biohazard

B:- Using a disinfectant solution that is effective against the specific biohazard

C:- Mopping up the spill from the outside in to prevent the spread of the biohazard

D:- Disposing of the mop and bucket in a biohazard container

Correct Answer: Option-B

Rationale: Neutralizing the pathogen is the primary goal of cleanup; however, standard nursing practice also requires PPE as a fundamental safety step.

Question 115: Which of the following is a common disease that can be caused by exposure to contaminated sewage?

A:- Cholera

B:- Dysentery

C:- Typhoid fever

D:- All of the above

Correct Answer: Option-D

Rationale: Contaminated sewage carries a high load of fecal-oral pathogens, which are the primary cause of cholera, dysentery, and typhoid.

Question 116: The orthotolidine test is used to measure the:

A:- Free chlorine in water

B:- Combined chlorine in water

C:- Total chlorine in water

D:- pH of water

Correct Answer: Option-A

Rationale: This environmental health test measures residual free chlorine, ensuring water has enough disinfectant to kill harmful bacteria.

Question 117: Which of the following is a non-service type latrine?

A:- Pour-flush latrine

B:- Pit latrine

C:- Ventilated improved pit latrine (VIP) latrine

D:- Septic tank

Correct Answer: Option-B

Rationale: A simple pit latrine is considered "non-service" because it does not require manual or mechanical removal of waste for final disposal.

Question 118: Under the Employees' State Insurance (ESI) scheme, the employer's contribution is:

A:- 0.75% of the employee's gross salary

B:- 12% of the employee's gross salary

C:- 4.0% of the employee's gross salary

D:- 3.25% of the employee's gross salary

Correct Answer: Option-D

Rationale: ESI is a social security scheme in India; current regulations set the employer's contribution at 3.25% of the employee's wages.

Question 119: The Dutch cap is a type of _____.

A:- emergency contraceptive

B:- hormonal method

C:- barrier method

D:- permanent method

Correct Answer: Option-C

Rationale: A Dutch cap (diaphragm) is a barrier device inserted into the vagina to prevent sperm from reaching the uterus.

Question 120: Gossypol is a naturally occurring compound found in cottonseed. It has been used as a male contraceptive in some countries, but it has some serious side effects. Which of the following is a serious side effect of gossypol?

A:- Liver damage

B:- Kidney damage

C:- Heart problems

D:- All of the above

Correct Answer: Option-D

Rationale: Gossypol's high toxicity across multiple organ systems led to it being discontinued as a widespread male contraceptive.

Question 121: The index case in an outbreak is:

A:- The person who has the most severe symptoms of the disease

B:- The person who introduced the disease into the community

C:- The first person to be diagnosed with the disease

D:- The person who is the most contagious

Correct Answer: Option-C

Rationale: In epidemiology, the index case is the first *identified* case, whereas the primary case is the one who actually introduced the pathogen.

Question 122: Which of the following is a picornavirus?

A:- Poliovirus

B:- Hepatitis A virus

C:- Rotavirus

D:- HIV

Correct Answer: Option-A

Rationale: Picornaviruses are a family of small RNA viruses; poliovirus is one of its most well-known members.

Question 123: Which of the following is the main function of HLA molecules?

A:- To present antigens to T cells

B:- To destroy infected cells

C:- To produce antibodies

D:- To regulate the immune response

Correct Answer: Option-A

Rationale: Human Leukocyte Antigens (HLA) are essential for immune recognition, presenting protein fragments on the cell surface for T cells to inspect.

Question 124: Kernig's sign is a diagnostic test for which of the following conditions?

A:- Meningitis

B:- Encephalitis

C:- Brain tumor

D:- Cerebral palsy

Correct Answer: Option-A

Rationale: A positive Kernig's sign (inability to extend the leg when the hip is flexed) indicates irritation of the meninges, usually due to meningitis.

Question 125: Australia antigen is a marker for which of the following?

A:- Hepatitis B

B:- Hepatitis C

C:- HIV

D:- Syphilis

Correct Answer: Option-A

Rationale: Australia antigen (now HBsAg) was discovered in the blood of an Australian Aboriginal person and is a key diagnostic marker for Hepatitis B.

Question 126: Culex mosquitoes are known to transmit which of the following diseases?

A:- Malaria

B:- Dengue fever

C:- West Nile virus

D:- Zika virus

Correct Answer: Option-C

Rationale: While Aedes mosquitoes transmit dengue and Zika, Culex mosquitoes are the primary vectors for West Nile virus and Japanese encephalitis.

Question 127: Annual parasitic incidence (API) is calculated as:

A:- Total number of positive slides for parasite in a year / Total population

B:- Total number of positive slides for parasite in a year / Total number of cases

C:- Total number of cases in a year / Total population

D:- Total number of cases in a year / Total number of positive slides for parasite

Correct Answer: Option-A

Rationale: API is a key indicator for monitoring malaria levels in a population over the course of one year.

Question 128: A break point in community health is a point at which:

A:- The community's health status improves significantly.

B:- The community's health status is at risk of declining.

C:- The community's health status reaches a plateau.

D:- The community's health status declines significantly.

Correct Answer: Option-B

Rationale: In a public health context, a break point signals a critical threshold where health outcomes may destabilize or worsen without intervention.

Question 129: The Trained Nurses' Association of India (TNAI) is headquartered in which city?

A:- New Delhi

B:- Chennai

C:- Kolkata

D:- Mumbai

Correct Answer: Option-A

Rationale: TNAI is the national professional organization for nurses in India, with its main offices located in the capital.

Question 130: Which of the following was NOT a recommendation of the Bhore Committee?

A:- Integration of preventive and curative services at all administrative levels

B:- Development of Primary Health Centres (PHCs) in 2 stages

C:- Establishment of a Central Health Board

D:- Privatization of the healthcare system

Correct Answer: Option-D

Rationale: The 1946 Bhore Committee actually recommended that health services be a public responsibility available to everyone regardless of the ability to pay.

Question 131: Which of the following is the most effective way to prevent the spread of COVID-19?

A:- Getting vaccinated

B:- Wearing a mask

C:- Washing your hands frequently

D:- Avoiding close contact with people who are sick

Correct Answer: Option-A

Rationale: Vaccination provides the most robust community-wide protection against severe illness and transmission compared to temporary behavioral measures.

Question 132: Which of the following is the most common side effect of the measles, mumps, and rubella (MMR) vaccine'?

A:- Fever

B:- Rash

C:- Allergic reaction

D:- Pain at the injection site

Correct Answer: Option-D

Rationale: Local reactions, such as tenderness and pain at the site of the shot, are the most frequently reported side effects for most intramuscular or subcutaneous vaccines.

Question 133: A patient with a Bartholin's cyst undergoes marsupialization. Which of the following is the most important nursing intervention?

A:- Instruct the patient to keep the area clean.

B:- Apply ice packs to the area.

C:- Encourage fluids.

D:- Monitor for bleeding.

Correct Answer: Option-A

Rationale: Marsupialization leaves an open slit for drainage; maintaining hygiene is the highest priority to prevent infection in the sensitive perineal area.

Question 134: A patient is scheduled for a pudendal nerve block. Which of the following is the most important nursing intervention?

A:- Obtain consent.

B:- Instruct the patient to empty their bladder.

C:- Administer a sedative.

D:- Prepare the patient for a lithotomy position.

Correct Answer: Option-B

Rationale: An empty bladder minimizes the risk of accidental puncture and provides more space for the procedure.

Question 135: A nurse is preparing to use an Oldham's perforator for a surgical procedure. Which of the following is the most important instruction?

A:- Lubricate the tip of the perforator with sterile saline.

B:- Assemble the perforator according to the manufacturer's instructions.

C:- Check the expiration date of the perforator.

D:- Apply pressure to the site after the procedure.

Correct Answer: Option-C

Rationale: Ensuring that surgical tools are within their sterilization window is a critical first safety check before any invasive procedure.

Question 136: A pregnant woman is diagnosed with intrauterine growth restriction (IUGR). The nurse is reviewing the woman's record and finds that the ponderal index (PI) is 2.0. Which of the following is the most appropriate nursing intervention?

A:- Monitor the woman's blood pressure.

B:- Refer the woman to a perinatal specialist.

C:- Encourage the woman to eat a healthy diet.

D:- Administer corticosteroids to the woman.

Correct Answer: Option-B

Rationale: A low Ponderal Index (below 2.2) signifies asymmetric IUGR, requiring specialized perinatal monitoring to manage fetal well-being.

Question 137: A patient with prolactinoma is taking bromocriptine. Which of the following is the most important nursing intervention?

A:- Monitor for headache.

B:- Instruct the patient to take the medication with food.

C:- Monitor for orthostatic hypotension.

D:- Encourage the patient to drink plenty of fluids.

Correct Answer: Option-C

Rationale: Bromocriptine can cause dizziness and a significant drop in blood pressure when moving from sitting to standing.

Question 138: A woman with a contracted pelvis is scheduled for a cesarean section. Which of the following is the most important nursing intervention?

A:- Provide emotional support.

B:- Administer pain medication.

C:- Monitor for bleeding.

D:- Encourage early ambulation.

Correct Answer: Option-A

Rationale: Patients scheduled for surgery due to complications like a contracted pelvis often face significant anxiety and psychological distress regarding the birth outcome.

Question 139: A woman is in labor for more than 18 hours. Which of the following is the most important nursing intervention?

A:- Perform an amniotomy.

B:- Encourage the woman to ambulate.

C:- Administer oxytocin.

D:- Monitor the woman's vital signs.

Correct Answer: Option-D

Rationale: Prolonged labor increases the risk of infection (chorioamnionitis) and exhaustion, necessitating close monitoring of maternal temperature and heart rate.

Question 140: A 38-year-old woman at 39 weeks of gestation is being evaluated for induction of labor. The nurse performs a pelvic exam and finds

the cervix 4 cm dilated, 75% effaced, and firm. The presenting part is at -1 station. The Bishop score is:

A:- 5

B:- 7

C:- 6

D:- 8

Correct Answer: Option-C

Rationale: Calculation: Dilation 4cm (+2), Effacement 75% (+2), Station -1 (+1), Position/Consistency (+1). Total Bishop score = 6.

Question 141: A partograph is a graphic record of the progress of labor. Which of the following is the most important information that is recorded?

A:- Uterine contractions

B:- Fetal heart rate

C:- Maternal blood pressure

D:- Cervical dilation

Correct Answer: Option-D

Rationale: Plotting cervical dilation over time is the primary purpose of the partograph to identify "alert" or "action" points in labor progression.

Question 142: Cullen's sign is a bluish discoloration around the umbilicus. It is a sign of:

A:- Peritonitis

B:- Pancreatitis

C:- Ruptured ectopic pregnancy

D:- Intestinal obstruction

Correct Answer: Option-C

Rationale: In an obstetric context, Cullen's sign indicates intra-abdominal bleeding, often from a ruptured ectopic pregnancy.

Question 143: Eclampsia is a serious condition that occurs in pregnant women with preeclampsia. Which of the following is the hallmark?

A:- Proteinuria

B:- Seizures

C:- Hyperreflexia

D:- Headache

Correct Answer: Option-B

Rationale: Eclampsia is clinically defined by the onset of tonic-clonic seizures in a patient with preeclampsia.

Question 144: Palmer's sign is a sign of pregnancy. It is characterized by:

A:- Regular rhythmic uterine contractions.

B:- Softening and compressibility of the lower uterine segment.

C:- Bluish discoloration of the vulva and vagina.

D:- Painless enlargement of the breasts.

Correct Answer: Option-A

Rationale: Palmer's sign involves gentle, rhythmic contractions of the uterus that can be felt on bimanual exam in early pregnancy.

Question 145: Maternal serum alpha-fetoprotein (MSAFP) is a blood test used to screen for neural tube defects. Which of the following is a normal level?

A:- 2.5 to 25 ng/mL

B:- 50 to 80 ng/mL

C:- 10 to 40 ng/mL

D:- 100 to 150 ng/mL

Correct Answer: Option-C

Rationale: While levels vary by week, a range between 10-40 ng/mL is generally considered normal during second-trimester screening.

Question 146: Vernix caseosa is a white, cheesy substance that covers the skin of a newborn baby. Which of the following is a function?

A:- Protects the baby's skin from the harsh environment.

B:- Helps the baby to regulate their temperature.

C:- Lubricates the baby's skin during birth.

D:- All of the above.

Correct Answer: Option-D

Rationale: Vernix serves as a biological barrier in utero, assists with thermoregulation, and has antimicrobial properties.

Question 147: Which of the following is the most important factor to consider when using an infantometer to measure an infant's length?

A:- The infant's position

B:- The infant's weight

C:- The infant's age

D:- The infant's clothing

Correct Answer: Option-A

Rationale: To ensure an accurate reading, the infant must be lying perfectly flat with legs extended and head against the headpiece.

Question 148: Which of the following is a contraindication for the use of imipramine in children?

A:- Seizure disorder

B:- Heart disease

C:- Diabetes

D:- None of the above

Correct Answer: Option-A

Rationale: Imipramine (a tricyclic antidepressant) can lower the seizure threshold and is contraindicated for children with known seizure disorders.

Question 149: Which of the following is a benefit of lactoferrin for infants?

A:- It helps protect against infections

B:- It helps regulate iron absorption

C:- It helps promote gut health

D:- All of the above

Correct Answer: Option-D

Rationale: Found in breast milk, lactoferrin supports the infant's developing immune system, iron balance, and intestinal health.

Question 150: Which of the following is a nursing diagnosis for failure to thrive?

A:- Disturbed sensory perception

B:- Deficient fluid volume

C:- Imbalanced nutrition: Less than body requirements

D:- Impaired social interaction

Correct Answer: Option-C

Rationale: Failure to thrive is primarily a nutritional and developmental challenge where the infant is not meeting weight or growth milestones.

Question 151: Which of the following is NOT a benefit of kangaroo mother care (KMC)?

A:- It helps to regulate the infant's body temperature

B:- It helps to prevent jaundice

C:- It helps to improve the infant's breathing

D:- It helps to promote breastfeeding

Correct Answer: Option-B

Rationale: While KMC provides critical thermal regulation and supports breastfeeding, it is not a direct physiological treatment or preventative measure for neonatal jaundice, which typically requires phototherapy.

Question 152: A newborn baby is assessed at 1 minute after birth and receives an APGAR score of 8. Which of the following nursing interventions is most appropriate?

A:- Continue to monitor the baby closely.

B:- Administer oxygen by mask.

C:- Initiate chest compressions.

D:- Provide warmth to the baby.

Correct Answer: Option-A

Rationale: An APGAR score of 7 to 10 is considered normal. A score of 8 indicates the baby is in good condition, requiring only standard routine monitoring and care.

Question 153: A 6-month-old infant with a cleft lip is scheduled for cheiloplasty. Which of the following nursing interventions is most important in the immediate postoperative period?

A:- Administer pain medication.

B:- Apply ice packs to the lip.

C:- Encourage fluids.

D:- Monitor for bleeding.

Correct Answer: Option-D

Rationale: The lip and mouth area are highly vascular; immediate post-surgical care must prioritize monitoring for hemorrhage and maintaining a clear airway.

Question 154: A 2-month-old infant with Hirschsprung's disease is scheduled for Duhamel's pull through surgery. Which of the following nursing interventions is most important in the immediate postoperative period?

A:- Administer pain medication.

B:- Monitor for bleeding.

C:- Encourage fluids.

D:- Apply a colostomy bag.

Correct Answer: Option-D

Rationale: In a Duhamel pull-through procedure, a temporary colostomy is often utilized to allow the surgical site in the distal bowel to heal without the passage of stool.

Question 155: A 2-year-old child presents to the emergency department with inspiratory stridor. Which of the following is the most likely cause?

A:- Croup

B:- Epiglottitis

C:- Foreign body aspiration

D:- Bacterial tracheitis

Correct Answer: Option-A

Rationale: Croup (laryngotracheobronchitis) is the most frequent cause of sudden-onset inspiratory stridor and a "barking" cough in toddlers.

Question 156: A preterm infant is born with hyaline membrane disease. Which of the following nursing interventions is the most important?

A:- Maintain fluid balance.

B:- Provide oxygen therapy.

C:- Monitor respiratory status.

D:- Administer surfactant.

Correct Answer: Option-D

Rationale: Hyaline membrane disease (Respiratory Distress Syndrome) is caused by a surfactant deficiency; replacing it exogenously is the definitive treatment to keep alveoli open.

Question 157: A patient with rheumatic fever is diagnosed with Aschoff bodies in the heart. Which of the following nursing interventions is the most important?

A:- Administer antibiotics.

B:- Provide pain medication.

C:- Monitor for heart failure.

D:- Encourage fluids.

Correct Answer: Option-C

Rationale: Aschoff bodies are pathognomonic nodules indicating active carditis. This inflammation can severely weaken the heart muscle, making monitoring for heart failure the priority.

Question 158: A patient with epilepsy is taking phenytoin. Which of the following nursing interventions is most important?

A:- Monitor for nystagmus.

B:- Monitor for gingival hyperplasia.

C:- Monitor for rash.

D:- Monitor for liver function.

Correct Answer: Option-D

Rationale: Phenytoin is metabolized by the liver and has a narrow therapeutic range; monitoring liver function is essential to prevent hepatotoxicity and ensure safe drug levels.

Question 159: A mother brings her 8-year-old daughter to the clinic with complaints of head lice. Which of the following is the best advice to give the mother?

A:- Teach the mother how to use a lice comb.

B:- Prescribe a topical medication for head lice.

C:- Advise the mother to shave her daughter's head.

D:- Tell the mother that head lice are not a serious problem.

Correct Answer: Option-A

Rationale: Effective treatment of pediculosis capitis (head lice) requires the manual removal of nits (eggs) using a fine-toothed comb, often in conjunction with pediculicides.

Question 160: A patient with leukemia is receiving chemotherapy. Which of the following is the most important nursing intervention?

A:- Monitor for nausea and vomiting.

B:- Monitor for bleeding.

C:- Monitor for pain.

D:- Monitor for infection.

Correct Answer: Option-D

Rationale: Chemotherapy-induced neutropenia (low white blood cell count) makes leukemia patients extremely vulnerable to life-threatening infections, requiring vigilant monitoring.

Question 161: A nurse is assessing an infant for hydrocephalus. Which of the following findings is indicative of Macewen's sign?

A:- A soft, bulging fontanelle

B:- A sunken fontanelle

C:- A cracked pot sound on percussion

D:- A high-pitched cry

Correct Answer: Option-C

Rationale: Macewen's sign occurs when the skull is percussed and produces a "cracked pot" sound, indicating separated cranial sutures due to increased intracranial pressure.

Question 162: A child with a ventriculopentoneal shunt (VPS) presents to the emergency department with complaints of headache and vomiting. Which of the following is the most likely cause?

A:- Shunt obstruction

B:- Shunt infection

C:- Shunt malfunction

D:- Increased intracranial pressure

Correct Answer: Option-A

Rationale: Signs of increased intracranial pressure (headache, vomiting) in a child with a VPS are most commonly caused by a physical blockage or obstruction of the shunt system.

Question 163: Which of the following is an example of clang association?

A:- "I tied the rope soap the slope nope."

B:- "The sky is blue, the grass is green, the birds are singing."

C:- "I am sad, I am crying, I feel hopeless."

D:- "I am angry, I am yelling, I want to hit something."

Correct Answer: Option-A

Rationale: Clang association is a speech pattern where words are chosen based on their rhyming or sound similarities rather than their meaning, often seen in mania.

Question 164: Which of the following is NOT an example of a compulsion?

A:- Checking locks and appliances repeatedly

B:- Washing hands excessively

C:- Counting objects repeatedly

D:- Avoiding people who are different

Correct Answer: Option-D

Rationale: Compulsions are repetitive physical or mental acts performed in response to an obsession; social avoidance is typically categorized as a phobia or social anxiety behavior.

Question 165: Which of the following is a characteristic of catalepsy?

A:- The person is able to move freely

B:- The person is rigid and unresponsive

C:- The person is in a state of deep sleep

D:- The person is experiencing hallucinations

Correct Answer: Option-B

Rationale: Catalepsy is a state of muscular rigidity and fixed posture where the person remains unresponsive to external stimuli, often associated with catatonic schizophrenia.

Question 166: Which of the following is a characteristic of flat affect?

A:- The person's facial expression is blank and expressionless

B:- The person's voice is monotone and lacks emotion

C:- The person's movements are slow and deliberate

D:- All of the above

Correct Answer: Option-D

Rationale: Flat affect is the severe reduction in emotional expressiveness, affecting facial cues, vocal tone, and physical gestures.

Question 167: Which of the following is a characteristic of confabulation?

B:- The person makes up stories to fill in gaps in their memory

A:- The person is aware that they are making up stories

C:- The person's stories are usually believable

D:- The person's stories are usually bizarre and implausible

Correct Answer: Option-B

Rationale: Confabulation is the unconscious fabrication of memories to fill gaps caused by amnesia; it is not intentional lying and is common in Korsakoff syndrome.

Question 168: Which of the following is a characteristic of stupor?

A:- The person is awake but unresponsive

B:- The person is asleep but can be easily awakened

C:- The person is in a state of deep coma

D:- The person is experiencing hallucinations

Correct Answer: Option-A

Rationale: Stupor is a state of restricted consciousness where the patient appears awake but lacks normal awareness and response to their surroundings.

Question 169: Which of the following is a characteristic of Othello syndrome?

A:- The person is experiencing delusions of infidelity

B:- The person is experiencing hallucinations of infidelity

C:- The person is experiencing anxiety and depression

D:- All of the above

Correct Answer: Option-D

Rationale: Othello syndrome (morbid jealousy) involves persistent delusions that a partner is unfaithful, leading to significant anxiety, depression, and potentially dangerous behaviors.

Question 170: Which of the following is a side effect of electro convulsive therapy (ECT)?

A:- Memory loss

B:- Confusion

C:- Headache

D:- All of the above

Correct Answer: Option-D

Rationale: Common immediate side effects of ECT include transient post-ictal confusion, headaches, and retrograde/anterograde memory loss.

Question 171: Which of the following is the theme for World Mental Health Day 2023?

A:- Mental Health is a Universal Human Right

B:- Make Mental Health & Well-Being for All a Global Priority

C:- Mental Health in an Unequal World

D:- Celebrating the Power of Community Kindness

Correct Answer: Option-A,

Rationale: This theme emphasizes the global initiative to ensure mental health services and dignity are recognized as fundamental rights for all individuals.

Question 172: Which of the following is a characteristic of autism spectrum disorder (ASD)?

A:- Difficulty with social interaction and communication

B:- Restricted interests and repetitive behaviors

C:- Both A and B

D:- Neither A nor B

Correct Answer: Option-C

Rationale: ASD is defined by the coexistence of social-communication deficits and the presence of restricted, repetitive patterns of behavior or interests.

Question 173: Which of the following is a characteristic of neuroleptic malignant syndrome (NMS)?

A:- High fever

B:- Muscle rigidity

C:- Altered mental status

D:- All of the above

Correct Answer: Option-D

Rationale: NMS is a medical emergency caused by antipsychotics, characterized by the hallmark triad of "lead-pipe" rigidity, hyperthermia, and autonomic instability/mental changes.

Question 174: Which of the following is a risk factor for bestiality?

A:- Mental illness

B:- Substance abuse

C:- Childhood sexual abuse

D:- All of the above

Correct Answer: Option-D

Rationale: Paraphilic disorders often have multi-factorial risk profiles involving underlying psychological conditions, poor impulse control, and histories of developmental trauma.

Question 175: Which of the following is a characteristic of coprolalia?

A:- Involuntary utterance of obscene words or phrases

B:- Involuntary repetition of words or phrases

C:- Involuntary utterance of words or phrases that are not obscene

D:- None of the above

Correct Answer: Option-A

Rationale: Coprolalia is an involuntary vocal tic involving socially taboo or offensive language, often associated with severe Tourette Syndrome.

Question 176: Which of the following is a key concept of milieu therapy?

A:- Clients should be isolated from each other

B:- The nurse-client relationship is the most important factor in treatment

C:- Medication is the only effective treatment for mental illness

D:- The environment can be used as a therapeutic tool

Correct Answer: Option-D

Rationale: Milieu therapy focuses on manipulating the entire clinical environment (physical and social) to promote safety and psychological growth.

Question 177: Which of the following philosophical approaches to education emphasizes the development of the mind and ideas?

A:- Idealism

B:- Realism

C:- Pragmatism

D:- Existentialism

Correct Answer: Option-A

Rationale: Idealism posits that ideas are the only true reality and that education should focus on intellectual development and the search for absolute truth.

Question 178: Which of the following teaching approaches is based on the belief that there is no one best way to teach, and that teachers should choose the best methods?

A:- Perennialism

B:- Eclecticism

C:- Essentialism

D:- Progressivism

Correct Answer: Option-B

Rationale: Eclecticism allows educators to draw from various pedagogical theories and methods to best suit the specific needs of their students and the context of the material.

Question 179: Which of the following teaching methods is based on the belief that the teacher should ask questions to help the student learn?

A:- Perennialism

B:- Maieutic theory

C:- Essentialism

D:- Progressivism

Correct Answer: Option-B

Rationale: Named after the Socratic "midwifery" of ideas, maieutic theory uses systematic questioning to draw out knowledge and truth from within the student.

Question 180: Which of the following is a type of motivation that is characterized by the belief that one cannot control their own behavior or outcomes?

A:- Intrinsic motivation

B:- Learned helplessness

C:- Extrinsic motivation

D:- Achievement motivation

Correct Answer: Option-B

Rationale: Learned helplessness occurs when an individual perceives that their actions have no impact on outcomes, leading to a state of passivity and low motivation.

Question 181: Which of the following is a model of curriculum development that emphasizes the importance of learner-centeredness and teacher involvement?

A:- Gagne's nine events of instruction

B:- Tyler's rationale

C:- Bloom's taxonomy

D:- Taba

Correct Answer: Option-D

Rationale: The Taba Model (Hilda Taba) advocates for a "grassroots" approach where the curriculum is developed by teachers based on a detailed diagnosis of learner needs.

Question 182: When was the Indian Nursing Council established?

A:- 1956

B:- 1950

C:- 1953

D:- 1947

Correct Answer: Option-D

Rationale: The Indian Nursing Council was established under the Indian Nursing Council Act of 1947 to regulate and provide a uniform standard for nursing education in India.

Question 183: Which of the following is a type of assessment that is used to provide feedback to students and teachers so that learning can be improved?

A:- Formative evaluation

B:- Summative evaluation

C:- Diagnostic evaluation

D:- Placement evaluation

Correct Answer: Option-A

Rationale: Formative assessments occur during the instructional process to monitor student learning and provide ongoing feedback for improvement.

Question 184: Which of the following is a type of error that occurs when a teacher underrates the performance of students?

A:- Central tendency error

B:- Generosity error

C:- Leniency error

D:- Harshness error

Correct Answer: Option-C

Rationale: Although "Harshness error" (Strictness) usually defines underrating, the source designates "Leniency error" as the answer for this specific question.

Question 185: Which of the following is a type of motivation that is based on the desire to feel capable and effective?

A:- Power

B:- Achievement

C:- Affiliation

D:- Competence

Correct Answer: Option-D

Rationale: Competence motivation is the drive to demonstrate mastery and effectiveness in interacting with one's environment.

Question 186: Which of the following is the primary purpose of in-service education for nurses?

A:- To update nurses on new medical advances

B:- To provide nurses with opportunities for professional development

C:- To comply with regulatory requirements

D:- To improve the quality of care provided by nurses

Correct Answer: Option-D

Rationale: The ultimate goal of ongoing staff education is to ensure that healthcare providers maintain the skills necessary to deliver high-quality, safe patient care.

Question 187: Which of the following principles of management is the clear line of authority from the top to the bottom of the organization?

A:- Unity of command

B:- Span of control

C:- Scalar chain

D:- Impersonality

Correct Answer: Option-C

Rationale: The scalar chain (Henri Fayol) represents the formal vertical line of authority and communication in a hierarchical organization.

Question 188: Which of the following is an example of implied consent?

A:- A patient who participates in a research study

B:- A patient who signs a consent form

C:- A patient who calls to make an appointment is giving implied consent to treatment.

D:- A patient who is unconscious

Correct Answer: Option-C

Rationale: Implied consent is inferred from actions. By voluntarily making an appointment and appearing for it, a patient implies they agree to a general examination.

Question 189: Which of the following nursing care delivery methods is a modification of team nursing and focuses on the use of small teams responsible for specific assignments?

A:- Case method

B:- Primary nursing

C:- Modular nursing

D:- Team nursing

Correct Answer: Option-C

Rationale: Modular nursing divides a unit into geographic zones (modules), with a small nurse-led team consistently assigned to patients in that specific area.

Question 190: Which of the following is a type of mismatch between the expectations and resources associated with a role?

A:- Role stress

B:- Role ambiguity

C:- Role overload

D:- Interpersonal conflict

Correct Answer: Option-A

Rationale: Role stress describes the emotional and physical tension that occurs when there is a lack of fit between the job's demands and the individual's resources or abilities.

Question 191: Which of the following is a management theorist who developed a system emphasizing the human element and employee participation?

A:- Rensis Likert

B:- Abraham Maslow

C:- Frederick Herzberg

D:- Douglas McGregor

Correct Answer: Option-A

Rationale: Likert identified four management systems, with "System 4" (Participative Group) being the most effective by involving employees in setting and achieving organizational goals.

Question 192: Which of the following is a theory of human communication that analyzes transactions in terms of three ego states: parent, adult, and child?

A:- Behavioral psychology

B:- Transactional analysis

C:- Psychodynamic psychology

D:- Cognitive psychology

Correct Answer: Option-B

Rationale: Transactional Analysis (Eric Berne) analyzes social interactions based on which internal "ego state" a person is acting from during a communication exchange.

Question 193: Which of the following is a standardized system for collecting essential nursing data?

A:- Problem-oriented medical record (POMR)

B:- Nursing Interventions Classification (NIC)

C:- Nursing Minimum Data Set (NMDS)

D:- Nursing Outcomes Classification (NOC)

Correct Answer: Option-C

Rationale: The NMDS is a uniform system designed to capture the essential elements of nursing care (diagnosis, intervention, and outcome) across different healthcare settings.

Question 194: Which of the following is a management approach that focuses on setting specific goals and objectives for employees and then measuring performance?

A:- Total quality management (TQM)

B:- Management by objectives (MBO)

C:- Continuous quality improvement (CQI)

D:- Benchmarking

Correct Answer: Option-B

Rationale: MBO (Peter Drucker) is a strategic model where managers and employees jointly define organizational goals and use them as benchmarks for performance appraisal.

Question 195: Which of the following bibliographic databases is most commonly used by nurses to search for nursing research?

A:- MEDLINE

B:- PsycINFO

C:- CINAHL

D:- ERIC

Correct Answer: Option-C

Rationale: CINAHL (Cumulative Index to Nursing and Allied Health Literature) is the premier database specifically curated for the nursing and allied health professions.

Question 196: Which of the following is a type of clinical research design in which neither the participants nor the experimenters know who is receiving the treatment?

A:- Randomized controlled trial

B:- Blinded clinical trial

C:- Double blind control research

D:- Placebo-controlled trial

Correct Answer: Option-C

Rationale: A "Double-blind" study design eliminates researcher and participant bias by keeping the assignment of the control and experimental groups hidden from both.

Question 197: Which of the following is a qualitative research method that involves repeated rounds of questionnaires to gather information and reach consensus?

A:- Grounded theory

B:- Delphi technique

C:- Nominal group technique

D:- Focus group

Correct Answer: Option-B

Rationale: The Delphi technique is a structured communication process used to arrive at a consensus from a group of experts through several rounds of iterative surveying.

Question 198: Which of the following is a measure of the extent to which a test appears to measure what it is supposed to measure?

A:- Content validity

B:- Construct validity

C:- Face validity

D:- Concurrent validity

Correct Answer: Option-C

Rationale: Face validity is a subjective, "at-a-glance" assessment of whether a measurement tool appears to logically measure the variable it intends to measure.

Question 199: Which of the following statistical tests is used to determine whether there is a significant association between two categorical variables?

A:- ANOVA

B:- T-test

C:- F-test

D:- Chi-square test

Correct Answer: Option-D

Rationale: The Chi-square test of independence is the standard statistical method for determining if there is a relationship between two nominal or categorical variables.

Question 200: Which of the following measures the dispersion of data around the average?

A:- Median

B:- Mode

C:- Standard deviation

D:- Average

Correct Answer: Option-C

Rationale: Standard deviation is a statistical measure that quantifies the amount of variation or spread of a set of data points relative to their mean.